



THE NOE VALLEY VOICE

Resistance Mounts to Cell Phone Antennas

By Denise Minor

Noe Valley's landmark church steeple at 1021 Sanchez St. has become a lightning rod for a controversy that is igniting throughout the country.

The Noe Valley Ministry and many of its neighbors are in a heated battle over whether the church can allow Cellular One and Pacific Bell Mobile Services to install cellular telephone antennas in its steeple. The fight has attracted the attention of two city supervisors and television stations from as far away as Fresno.

"Who has the right to decide where we install antennas for cellular telephones?" asked San Francisco Supervisor Tom Ammiano. "The federal law says that municipalities cannot take health concerns into consideration when mandating where to put these things."

"Well, I say *too bad* to that," Ammiano continued. "We need to have some local controls."

He said he was impressed by the organization of the Noe Valley neighbors in opposing the antenna installation. "It was a good grassroots response right away," said Ammiano. "But we also need to resolve this legislatively."

Ammiano proposes "interim controls," basically a moratorium, on cell phone transmitters until the city can further study



Neighbors who oppose the Noe Valley Ministry's decision to allow cell phone antennas in the church steeple have started picketing during Sunday services. Photo by Najib Jae Hakim

the issue and come up with a master plan saying where they should be allowed.

According to Elizabeth Street resident Chris Beaver, San Francisco would be in good company if it did so. He cited a July 28 story in the *Denver Business Journal*, which stated that 266 other municipalities had put the antennas on hold.

But the minister and elders of the Noe Valley Ministry say they believe the city's Health Department, which has spent two years studying the issue and concluded that there is no health hazard posed by radio emissions from the antennas.

"We believe the generally accepted science that is out there—that there is no health hazard from these emissions," said Interim Minister Joan Huff.

"This disagreement has moved beyond a debate about the facts," Huff continued. "It has more to do with people's emotional response to the issue."

She also said that the monthly stipend the Ministry would receive from Cellular One and Pac Bell would lift them out of dire financial straits. Huff would not say how much the Ministry would be paid, but she did say it was "significantly more" than the \$1,000 per month published in a city newspaper.

"Our building use fees would increase by 50 percent for five years, which for our small church is considerable," said Huff.

But many of the church's neighbors are furious about the contract between the Ministry and the cell phone companies. They say that there is ample scientific evidence that humans living in close proximity to cell phone antennas could suffer health consequences.

"The bottom line is—they don't have our consent to do this," said Beaver. "There has not been enough study on the effects of these emissions. They are committing me and the other neighbors to a course of experimentation."

Some of the neighbors attended two information meetings held by Pacific Bell at the Ministry in August and September. They submitted a petition with 30 signatures urging the Ministry to turn down the contract, as well as a packet of news articles about scientific debates going on throughout the world on whether or not

cell phone emissions are dangerous.

Parents of the Noe Valley Nursery School, which is housed at the Ministry, also voted to oppose the antenna installation.

Continued on Page 5

Deck the Halls... With the Same Old Tinsel Trees

By Dodie Hamblen

"Awful," "shabby," and "very retro" are the words neighbors have used to describe the red-and-green tinsel Christmas trees hanging from 24th Street light poles each December. And you can expect to hear the same comments again this holiday season. It looks as if Noe Valley won't have new street decorations until Christmas 1998.

For the past four years, the Noe Valley Merchants and Professionals Association has been trying to raise money to replace the 20-year-old decorations. "Everybody wants new decorations," says association president Robert Roddick, "but designing and getting the funds for them is major. It's more than people think."

The group's current estimate is \$15,000—for holiday banners that would be hung along 24th Street and, for the first

Continued on Page 5

Where Those Readers Were



Due to a late infusion of vital editorial copy, last month's "Readers" travel report was held and shelved—but not forgotten. Here's proof that Laurel Thompson of 23rd Street couldn't tour the Coliseum in Rome until she'd finished the June issue of the *Voice*. Turn to page 29 of this issue to see what more of your neighbors have been up to.



Here Are the Pumpkins—now when's the pie going to be ready? Sisters Rosemary (age 9) and Ashley O'Leary (age 4) helped 1 1/2-year-old brother Matthew pick out perfect sugar pumpkins at the Real Food Company on 24th Street in October. Photo by Pamela Gerard



We Saw Stars, and planets too, the night the Sidewalk Astronomers set up their portable telescopes on 24th Street. The stargazers promised to come back soon. Watch the skies. (Or call the local chapter of Sidewalk Astronomers, headquartered at 801 Golden Gate Ave., at 567-2063.)

Photo by Pamela Gerard

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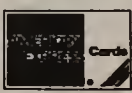
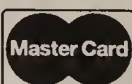
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LETTERS 32¢

Cell Phone Antennas 'R' Us

Editor:

In her letter to the *Voice* last month, Niki Kirz, quite innocently, put her finger on one of the sorest points in the great antenna controversy ["Residents Move to Block Pac Bell Antennas," October 1997].

"We are parents and users of Pac Bell Mobile Services," she wrote. "...[W]e are not opposed to technology and use it in our daily lives."

But as to the antenna from which these conveniences flow, she continued, "As long as we are not 100 percent certain what, if any, potential risks there are to children, let's put it somewhere else."

Am I the only one who sees the irony?

I also note with some interest that of the five existing antenna sites determined by the *Voice* to be closest to Noe Valley, four are in the Mission.

Hugh Palmerston
Noe Valley resident

Voulez-Vous Le Video on 24th Street?

Editor:

In response to Mazook's question in last month's Rumors: What I would loooove to see in the building in the spot formerly occupied by the Second Spanish Church on 24th Street is a very high quality and large video store, à la Le Video on Ninth Avenue in the Inner Sunset or Superstar Video on 17th Street. Noe Valley seems to be underserved in the video category, in my opinion.

I can't think of anything else we need.
J. Pierucci
Vicksburg Street

Can't We All Just Get Along?

Editor:

I have read all the letters to the editor on the issue of dogs at Noe Courts. It seems to me that the parents who started this debate should take it upon themselves to work with the dog owners to find a compromise. I certainly do not like having these ill feelings in my neighborhood and, as a frequent user of the park, would like to see us all using it happily.

To the parents who are the instigators of this nonsense, please just make a simple phone call to the dog owners. Work out a solution. They seem willing to compromise. Why can't you?

Let's put a stop to this nonsense and get back to being a happy community.

Name withheld by request

Objection to Truck Caption

Editor:

In response to the photo and caption on page 2 of the October 1997 issue, to wit: "It's Not Natural to Double-Park: A huge delivery truck crowds out the cars—and the jaywalkers—that usually scoot between Bell Market and Real Food Company on 24th Street."

It is unclear to us exactly what is the message in the photo and caption. Our immediate thought was that the cars are blocking the loading zone, so that the truck has no option but to double-park. Obviously, we live and work in a congested urban area where many are addicted to the automobile. And it is inconvenient and annoying that many do not obey the loading zone and double-parking laws. But what is the point of innuendoes and unclear remarks toward a business that has been a supporter of the paper, as well as the neighborhood, for over 25 years?

We too have been inconvenienced by the construction on our block, but we continue to work with the situation.

Beth Saunders
Dave Kloski



THE NOE VALLEY VOICE
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San Francisco, CA 94114

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The *Voice* welcomes your letters, photos, and manuscripts, particularly on topics relating to Noe Valley. All items should include your name, address, and phone number, and may be edited for brevity or clarity. (Unsigned manuscripts will not be considered for publication.) Unsolicited contributions will be returned only if accompanied by a self-addressed, stamped envelope.

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Editor's Reply: We were trying to make a casual pun on the "Nature's Best" sign on the truck blocking the street. But clearly we failed. Please accept our apologies.

Make a Beeline for Online B&Bs

Editor:

I haven't read it yet [the current issue on your Web page], but I'm so glad you had the back issues up so I could get the article about Noe Valley bed-and-breakfast places [in the June 1997 issue]. What a great thing!

My entire family is coming to visit, and I need a place for them to stay!

Andrew Goldfarb

Via e-mail

Voice Mail

THE VOICE welcomes letters to the editor. Write the Noe Valley Voice, 1021 Sanchez St., San Francisco, CA 94114. Or send e-mail to jaxvoice@aol.com. Please include your name, address, and phone number, so we can contact you if we have questions. Another way to reach us is via our Web site: www.noevalleyvoice.com. There you'll find a history of the paper, the Class Ad listings, and select stories from current and past issues. Hope to hear from you soon.

Are Antennas Becoming Too Hot to Handle?

Continued from Page 1

Nonetheless, the church's Session (governing board of six elders) voted unanimously on Sept. 30 to approve not only a contract with Pacific Bell, but also one with Cellular One, something the neighbors did not know was on the table.

"It was a difficult decision for the whole Session. We did listen to all the concerns of the neighbors," said Huff the next day. At that time, she termed those neighbors opposed to the antennas as a "small, vocal opposition."

But following the Session's vote, the opposition reacted swiftly and grew sizably. The following Sunday, about 50 protesters began what has become a weekly picketing of the church, as members enter to attend services.

At least three local television stations covered the first demonstration, said Jeannine Kay of 23rd Street. Another Noe Valley resident received a call from a friend in Fresno who saw coverage of the event on the evening news.

Supervisor Sue Bierman attended the Oct. 26 demonstration and said she fully supported Ammiano's call for a temporary halt to installation of cellular phone antennas in the city.

Every Monday night since the church elders' vote, neighbors have been meeting to strategize and exchange information.

"The number of people in our group has been growing with each meeting," said Kay. "Last Monday we had someone come from Lincoln Avenue who's angry about Sprint putting an antenna on top of the building where he lives."

Neighbors have divided tasks. Kay took charge of contacting the head of the Presbyterian Church in Louisville, Kentucky. She has also called other neighborhood organizations where similar battles over cellular telephones have been waged.

Beaver has telephoned scientists from Chicago to Australia to learn more about studies done on cellular telephone transmissions.

Other members of the group have telephoned the city supervisors, the Planning Department, and the Public Utilities Commission. In late October, they were considering a noontime press conference and demonstration at Pac Bell's downtown headquarters.

And all of them have been busy collecting signatures. "Now we're getting people walking up to us on the street and saying they want to sign the petition," said Beaver. By mid-October they had 650 signatures.

Huff said that she did not believe that those in opposition to the antennas were a majority in the neighborhood. She said the Ministry had gotten numerous telephone calls and letters from people supporting the church who would be nervous about taking a public stand against the Ministry's neighbors.

"Some people have told us how agonizing it was to be approached by their neighbors to sign a petition and to say 'no' to them," said Huff.

All the bad publicity has not changed the Ministry's stance, she said. "What we need to do now is get our point of view out there." The first step was to mail a letter explaining their decision to all the neighbors who had been invited to Pacific Bell's informational meetings.

Roger Drosd, who lives just outside Noe Valley on Collingwood Street, said he uses a Pac Bell cell phone and fully supports the Ministry.



The same wire Christmas trees that have "graced" 24th Street for the past 20 holiday seasons will be hoisted up again this year.

Photo by Joe Hakim

New Trimmings For 24th Street Still a New Year's Resolution

Continued from Page 1

time, on Church Street. The banners are expected to cost individual merchants about \$250, but the association is hoping

to garner some grant money to cover a significant portion of the cost from larger companies and corporate donors.

Association member Tony Lyau, who is manager of the local Bank of America branch, says that in order to receive the grants, the Noe Valley Merchants Association must apply for nonprofit status. "We need to start early," says Lyau. "The documents for nonprofit status will be ready by December 31. Our plan is to have new decorations next year."

In the meantime, the group will continue to fork over \$1,500 a year, for permit fees and insurance and to pay someone to put up, take down, and store the

"What strikes me is that there are a lot of uninformed people out there," said Drosd. "People have been studying EMFs [electromagnetic fields] for 20 years, and nobody has come up with any evidence of any health problems, particularly at such low levels as these would be."

"I would suspect that if these neighbors looked into their own homes, their telephones, and televisions, not to mention clock radios and everything else, they would find that they are getting a significantly higher dosage of EMFs than is put out by these antennae, which is infinitesimally small," said Drosd.

"I believe Pac Bell has even offered to come out with meters and measure the EMF levels in homes before and after the antenna installation," he said. "But no one is listening. This is one of those issues that has disintegrated into a political hot button," he continued.

Beaver responded that he has heard the same argument about secondhand cigarette smoke. "If someone else wants to subject themselves to something, that is their business. But I want to minimize my exposure to EMFs," he said.

Since he began investigating cell phone emissions, Beaver has become wary of radiation of all sorts. "The whole point is to minimize your exposure. I've stopped using a cordless phone and the dimmer switches on our lights. Now I don't even like to blow my hair dry."

Beaver is certain that there is a connection between EMFs and cancer, and says that no one really knows at what point it is triggered. "If I live next to an antenna in Noe Valley for decades, then get cancer when I'm 75, who's to say what contributed and how much?"

Drosd points out, however, that sooner or later Pac Bell and Cellular One will make a deal to put their antennas on some building in Noe Valley. So why shouldn't the Ministry be the one to benefit? "I understand that there is an alternative site proposed, but it would be such a shame if an institution as worthy as the Noe Valley

Ministry doesn't get the money," he said.

Drosd also said he would be pleased to see an antenna installation in the neighborhood—Noe Valley currently has none—because he is often here and needs to use his cell phone for business. His daughter attends James Lick School, and he regularly picks her up. He also owns rental property here.

tree decorations. "It's not like it was when my dad had a business on 24th Street," says Roddick. "Back then, the merchants put the decorations up themselves."

Today's city planners have to navigate a maze of light posts, telephone poles, and utility wires above the commercial strip, he points out. The merchants also need to engage a designer or artist, and settle on a design for any new banners. "We need to know what we're doing before we start asking for money. [All we know now is] we want to focus on the festive not the religious nature of the season. And we want to do something that appeals to kids."

For the time being, Roddick's group, which now numbers 100, will cart out the tinsel trees. But the association has also endorsed an idea suggested by realtor B.J. Droubi. Droubi is encouraging shopkeepers to string white lights on their storefronts, to give the neighborhood a uniformly festive look. Walgreen's at Castro and 24th has agreed to provide strings of lights at wholesale prices.

The merchants group will also sponsor a bigger-than-ever holiday bash. On Saturday, Dec. 13, Santa Claus will arrive in Noe Valley to pose for free photos at the Bank of America at 24th and Castro. Refreshments will be served, with Starbucks providing hot chocolate. Elisa's Health Spa will have a walking Christmas tree strolling 24th Street. Rudolph the Red Nosed Reindeer will visit Zephyr Real Estate, and the St. Philip's Church carolers will sing carols throughout the day.

Meanwhile, neighbors and shoppers will just have to put up with those scruffy old decorations for another year. Anyone wishing to make a donation toward the purchase of new decorations should contact Robert Roddick at 641-8687. □

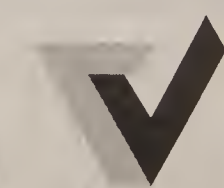
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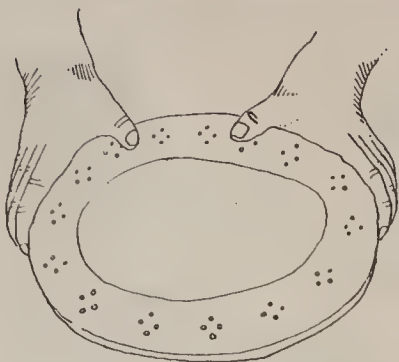
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Supervisor Calls for Moratorium on Antenna Sites

Continued from Previous Page

neighborhood to access her voice mail," said Bunim.

"The PCS [Personal Communications Services phone] we offer has, as a feature, voice mail," she continued. "But you can only access your voice mail with your cell phone. So people in Noe Valley are locked out of their mailboxes."

As to an alternative site, Bunim denied that Pac Bell was looking anywhere else in Noe Valley. She has heard some people recommend storefronts on 24th Street.

"Twenty-fourth Street is problematic in that the city regulations discourage locating the antennas in NCDs [Neighborhood Commercial Districts]," she said.

"But Pacific Bell Mobile Services does want to be a good neighbor, and if the neighbors could agree on a place that would work technically and where the aesthetics would not cause a problem, we would be interested."

But for now, Pac Bell very much wants to use the church steeple. The Ministry would be ideal in many ways, said Bunim, partly because it fits the city's existing criteria for cell phone transmitters.

"The city has a policy of urging companies to consider co-location," she said. "This happens to be a site that we can share with Cellular One. The city guidelines also state that public structures are preferred, and this is a public structure."

David Hatch, property development manager at Cellular One, also denied that his company was looking at an alternative

site. He said that it was coincidental that both Cellular One and Pacific Bell were able to use the Ministry.

"It is a unique case when more than one carrier can use the same space. Because of the difference in our frequencies, which is mandated by federal law, we often have to be at different levels," he said.

Right now, the two companies must hire an independent engineer to study the combined levels of EMFs that might be emitted from the antennas at the Ministry.

"They have to look at the worst-case scenario of every one of the channels from both carriers operating 24 hours a day, and do mathematical calculations to determine if the EMFs would still fall below the federal standards," said Hatch.

When the study is done, Cellular One plans to hold a public meeting at the Noe Valley Ministry.

Pastor Huff said she was not looking forward to that meeting. She feared it might turn out like the September community forum with Pac Bell.

"The second meeting with Pac Bell disintegrated into a polarized gathering," she said. "Something like that is not useful for those who come to hear information—particularly those who come with an open mind."

After the meeting, if they are not dissuaded by the neighbors, both carriers will then approach the Planning Commission for a hearing to obtain a conditional use permit. All neighbors within 300 feet of the Ministry will be invited to attend the hearing.

If Supervisor Ammiano has his way, though, that hearing will be a long time in coming. He proposes halting installation of new antennas until the city comes up with a master plan showing where it is safe to do so. That could take months.

"Let's put the brakes on this," said Ammiano, "because these antennas are popping up everywhere." □

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Builder Vows To Protect Community Garden

By Steve Steinberg

A Noe Street neighbor and a developer apparently have come to terms on how to preserve the community garden at Noe and Cesar Chavez streets.

Cress Forester, who has spent a lot of her free time this past year taking care of the 13-year-old garden, became alarmed about its future after an Oakland developer bought the adjacent property at 1344 Noe and announced plans to tear down the existing structure and build a large, three-story condominium in its place.

"I was afraid the contractor would use the garden as a staging area for his development and leave it in ruins," Forester said.

Forester was also concerned that the construction work would impede the neighbors' access to the garden and result in the removal of several trees on the sloping bit of land.

However, after speaking to developer Gerry Agosta in September, Forester said she was very much relieved. "I feel he plans to keep the garden in nice condition and not trash it up. He also said he would get an arborist in there to try to save the trees," she said.

Agosta, who bought the property about a year and a half ago, said he became interested in the site in part because of its location next to the community garden. "It's a great place to live," he said.

At the time of the sale, the house was uninhabited, having been condemned by the city after a 1995 slide of the hill behind the house. The mudslide sent rocks and other debris into the cottage's back patio, forcing two tenants to evacuate. (See "Soaked Hillside Gives Way," February 1995 *Voice*.)

Agosta said neither the city nor anyone else wanted to invest in shoring up the hill, which also overlooks the community garden. Finally, Agosta agreed to fix the hill himself rather than sue the city to compel it to undertake repairs.

In order to shore up the hill without going through the community garden, Agosta says he must first tear down the present house—which he says is in great disrepair and taking on water. After the hill is stabilized, he plans to go ahead and build his two-unit condominium.

He says that only one tree in the community garden will be affected by his project. That tree, which is encroaching on his property, will have to be trimmed back. But, he stresses, it will not be torn down.

He also plans to build a temporary



The view is still nice, but the number of caretakers of the 13-year-old community garden at Noe and Cesar Chavez streets has dwindled to one. But that one advocate is trying to make sure the garden won't be trampled by a new construction project. Photo by Charles Kennard

fence, separating his construction site from the garden, to ensure that workmen will not inadvertently encroach upon it. The one element of the garden that will have to go, he says, is a grapevine that has wandered onto his property.

Agosta also faces an additional challenge, from neighbors who claim the size and style of the development is out of character with the street.

Pat Calder, who lives at 1334 Noe St., says she and other neighbors will protest Agosta's proposed condos to the San Francisco Board of Permit Appeals.

Meanwhile, Forester has also requested her own city hearing, this one with the Department of Public Works, which has jurisdiction over the garden. She says that even though she trusts Agosta, she feels a hearing "won't do any harm and will make sure Agosta does what he says he'll do."

Forester, a body-mind therapist, started taking an interest in the community garden last September, after noticing that it had become somewhat overgrown. She began clearing trash and weeding and pruning trees.

Although she has no particular background in gardening, she says working at the site "has been a real treat and also a way of contributing to the community."

Forester says the garden was begun and initially maintained by "lots and lots of neighbors," but it was especially nurtured by Friends of Noe Valley activist Miriam Blaustein, who lives nearby. At one point in the 1980s, the Friends of Noe

Valley attempted to turn the land into a small park, to no avail.

Because the 60-by-40-foot plot is on undeveloped city property — Cesar Chavez comes to a deadend at Noe Street, then continues to Castro above the hill — the Department of Public Works provides water and tools for the garden and also picks up cleared brush.

The garden is home to three species of palm tree, pine, eucalyptus, plum, and magnolia trees. It also contains passion fruit and honeysuckle vines, lilies, and other flowers. "It offers fine views of the Bay and the city, and a peaceful setting to sit and enjoy those views," says Forester.

There are no vegetables being grown right now, Forester says, but that sort of cultivation might be feasible in the future.

Over the years, she notes, as some of the early enthusiasm for the garden waned, smaller, changing groups of people have taken care of the plants and trees. Currently, Forester believes, she is about the only person working to preserve the garden.

She would welcome any neighborhood help and also thinks the donation of a bench or two would be nice.

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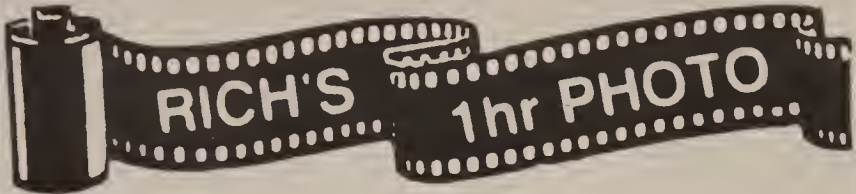
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POLICE BEAT

Two Robberies Foiled

By Officer Lois Perillo

The Noe Valley area reported two robberies during September. And suspects were arrested in both cases.

On Sept. 13 at 6:45 a.m., two men in their early 20s robbed a 45-year-old man of his wallet as he walked near 26th and Noe streets. The man's yells caused at least four people to notify the police and one woman to stop her car and sound its horn alarm. The calls for help brought Officers Stephanie White, John Solis, Steve Thoma, and Steve Mulkeen to the scene.

After a brief search, the suspects were arrested on the 300 block of 27th Street and booked on robbery and conspiracy. Both suspects were also charged with parole violations, and the youngest suspect was charged with narcotics possession. After checking the court record, I found that the district attorney's office had dismissed the conspiracy charges and rebooked the narcotics and robbery charges. Both defendants remain in custody, pending their court appearances.

In the second robbery, on Sept. 26 at 2:20 p.m., a 48-year-old man was caught shoplifting from Thrifty drugstore on 24th Street. He then injured the store employee who detained him after the theft. He was subsequently charged with strong-arm robbery.

Teen Loses BB Gun, and Honor

On Sept. 3 at 3 p.m., a 13-year-old boy brandished a BB gun near 25th and Diamond streets. The young suspect was caught by Officer Bruce Gendron, who seized the gun.

After a discussion with school officials, the teen—an honor student with no prior criminal history—received a formal admonishment from Officer Gendron and was suspended from school for five days.

Don't Give Burglars a Leg Up

There were 15 reported burglaries in Noe Valley during September, up 9 from August. Although the increase is significant, 5 of the break-ins targeted unoccupied houses under construction. The item most frequently stolen? Building tools.

Homeowners should be aware that this type of crime may be substantially reduced by limiting a thief's options. First, encourage your contractor to lock up all ladders—do not give a burglar a leg up. Also, note that a sheet of plywood nailed over a door opening, in lieu of an actual door, usually doesn't make the grade. Install a solid-core door with a deadbolt.

Mark all tools with your California driver's license number, and avoid leaving them in one room, particularly the garage. One contractor limited theft of his tools by storing some in the garage and others in an upstairs closet. Though the thief entered through the upper level, only the tools in the garage were stolen. The fail-safe solution, of course, is to remove the tools from the construction site at the end of each work day.

To Catch a Sweaty Thief

Police responded to a home alarm on the 700 block of Sanchez Street, on Aug. 9 at 10:22 p.m., and encountered a "heavily sweating" man attempting to leave the premises. The man told Officers Susan Nangle and Robert Doss that he lived at the house and had just finished jogging.

However, the man had no house keys

and did not match the neighbors' description of the owners. Also, a consent search of the suspect revealed burglary tools and jewelry inscribed with the owner's name.

The 35-year-old man was arrested and booked on two felony counts of burglary and receiving stolen property, plus a misdemeanor of burglary tool possession. He remains in custody, pending a trial date in Superior Court.

Where Are They Now?

Remember the 29-year-old woman and resident of Diamond Street who reportedly drove over an officer's foot near Pier 39 in July of 1996? She successfully completed diversion (performed community service to the judge's satisfaction) on Sept. 30 and was exonerated of all charges.

As for that 30-year-old man who assaulted another man July 19 on 24th Street: he completed diversion on Sept. 18, and the battery charge was dismissed.

It Ain't a Con If You Walk Away

As a result of last month's column, I received several calls from people about their experience with con artists. One man reported believing the 24-Hour Nautilus guy, giving him money, and then feeling "taken" when he read about the scam in the column.

I'll say to you what I said to him: Please do not put yourself down for giving to

others. Charity is an admirable quality. Just spread the word about scams, so that others may be informed and less likely to be conned.

In the next phone call, a woman said a younger woman had approached her on 24th Street, carrying a deposit bag "filled with money," and asked what she thought she should do with it. Apparently the older woman's response, "Return it to the bank," was not what the suspect hoped for. The targeted woman maintained her composure and walked away from the suspect, successfully defeating the con known as "the Switch."

In the Switch, the con artist convinces the victim to give him or her some "good faith" money in exchange for holding a much bigger sum of found money. The large wad of bills later turns out to be fake—usually just cut-up newspaper wrapped in a small amount of legitimate currency.

Texas Is Another Country, Right?

For the past eight years, I have participated in an annual training conference for the International Association of Women Police. Last year the conference was held in Birmingham, England. This year it's in Dallas, Texas. So I'll be out of town for a week attending classes and networking with law enforcement associates from around the globe.

I'll see you on patrol when I get back. Stay safe. □

San Francisco Police Officer Lois Perillo covers her Noe Valley beat by foot and by bicycle. Her turf extends from 21st Street south to Cesar Chavez, and from Valencia west to Grand View. If you would like to report a problem, call 558-5404. (For emergencies, call 911.) Or to file a police report, stop by Mission Police Station at 630 Valencia St. Noe Valley residents who live south of Cesar Chavez should contact the Ingleside Police Station at 553-1603.

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Charitable Giving Close To Home

By Dodie Hamblen

If you think the holiday season is marred by greed and commercialism, you will be heartened to learn that many neighborhood schools, churches, and merchants sponsor programs in November and December to benefit those in need. Here's a rundown of who does what for whom, and how you can help.

Neighborhood public schools will participate again this year in the San Francisco Unified School District's **Thanksgiving Food Drive**. Last year about 250 pounds of food were collected at Alvarado School alone. The food goes to the San Francisco Food Bank, a nonprofit agency that in turn distributes it to 200 churches and social service groups.

"Our members include Glide Memorial, Project Open Hand, Hamilton House, daycare and senior centers, and homeless and runaway shelters throughout the city," says marketing manager Ron Clark. "We ask for high-quality canned and packaged food, tuna, peanut butter, 100-percent fruit juices, and pasta."

Clark, whose son Austin attends Alvarado School on Douglass Street, feels the food drive "teaches children about giving back to the community, and why there is poverty." Food collection barrels will be available at the local public schools, including Edison, Alvarado, and James Lick, from Nov. 10 to 26.

Once again the Wooden Heel shoe repair shop on 24th Street near Castro will sponsor its **Shoes for the Shoeless** campaign. Last year the store collected 1,340



Cool Ride. Jeena Zografos (left) and Christina Gutierrez, both sophomores at Lowell High School, pose in Christina's dad's 1946 Chevy while parked on Sanchez Street. Now wouldn't you give them the keys?
Photo by Najib Joe Hakim

pairs of shoes, boots, and slippers, for men, women, and children. The idea is for people to bring in their old shoes, so that the shop can repair them for distribution to the needy, but store owner Patti Wood says, "The amazing thing is how many people bring in brand new shoes that have never been worn."

Wood is not sure which group or organization will receive the shoes this year. "We'll send them where they are most needed. Last year they went to the Roseville flood victims," she said. Collection begins the day after Thanksgiving and runs through the end of December.

Natural Resources, near the corner of

24th and Castro, collects maternity clothing, baby clothes, and equipment for the **Homeless Prenatal Program**, an organization that provides shelter, prenatal care, and substance abuse programs to nearly 600 pregnant homeless women.

Continued Next Page

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Shops, Schools, And Churches Make It Easy to Give to Others

Continued from Previous Page

Natural Resources co-owner Nathalie Kelly says, "We take donations throughout the year, not just around the holidays," and encourages people to bring in new or used items for donation anytime.

Beginning Dec. 1, Zephyr Real Estate will collect toys for the San Francisco Fire Department's annual Toys for Tots drive. The firm also collects canned goods for Project Open Hand. "This is something we do every year," says Zephyr's Ilse Cordoni, managing broker of the 24th Street office (near Sanchez).

People who would like to donate to Project Open Hand, the nationally acclaimed organization that provides meals to people with AIDS, should bring in good-quality canned goods such as tuna, chicken, beans, or peas.

The Fire Department asks that all children's toys be new, in their original package, and not gift-wrapped.

St. Paul's Church, at Church and Valley streets, has been collecting food for its annual Neighbors in Need drive since the middle of October. The food will be used to make Thanksgiving baskets, featuring turkey and all the trimmings, for families in need.

"Most of the families live in the Mission District," says pastoral associate Mary Tam. The church will accept food until Thanksgiving, and would also appreciate donations of money to purchase turkeys. The baskets will be distributed during Thanksgiving week, Nov. 23 to 29.

St. Paul's also hosts a Giving Tree during December. "People pick a paper ornament with an age printed on it and buy an appropriate gift for someone that age," says Tam. The ages range from children to seniors. The gifts for seniors will be distributed by the church to shut-ins and senior centers. The children's toys will be distributed by Mother Teresa's Missionaries of Charity to the 300 to 400 children who attend the nuns' annual christmas party in the Mission.

B.J. Droubi and Company coordinates many charitable activities during the holiday season. In November the 24th Street firm collects funds to provide Thanksgiving dinner for two needy families. But the realtors' biggest holiday outreach takes place in December.

"We adopt two families, one from Family Service Agency and one from Raphael House. The families send us a wish list and we go shopping for them," says real estate agent Carol Bee.

She explains that the Family Service Agency of San Francisco, one of the largest nonprofits in the Bay Area, provides childcare, employment training, and mental health programs to low-income families. Raphael House offers housing and rehabilitation to women who have been abused. The adopted families are usually single parents with two or three children, and in addition to providing Christmas gifts of toys and clothing, the realty company donates food for all meals on Christmas Day.

Also, throughout the month of December, B.J. Droubi has a collection barrel for nonperishable food donations to the San Francisco Food Bank, plus a collection bin for clothing and household items for Raphael House.

Holiness Temple in Christ, the Pentecostal church at 28th and Church streets, has expanded its food giveaway program to two days a week during November and December. The church will hand out cartons of groceries on Wednesdays and Saturdays from noon to 2 p.m. Pastor Joesiah Bell says the food is available to any needy person who comes by during distribution hours. Groceries also will be delivered to neighborhood residents who are housebound. Those who'd like to lend a hand should call 642-0302.

It's clear there are lots of outlets for giving to the hungry or homeless during the holidays. But donations and volunteers are also appreciated at other times during the year. To find out more about what the nonprofits need—and when they need it—please call them directly. Here are a few numbers:

Family Service Agency	474-7310
Glide Memorial Church	771-6300
Homeless Prenatal Program	546-6756
Project Open Hand	447-2415
Raphael House	474-4621
San Francisco Food Bank	282-1900

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Getting the Medical Dope On Marijuana

By Mark Robinson

Is marijuana good medicine?

For the first time, scientists have received government funding to explore that question. Starting in January, a team of San Francisco researchers, led by Noe Valley resident Donald I. Abrams, M.D., will study the effects of smoking marijuana on a group of HIV-infected patients.

The two-year study, to be carried out by researchers at the University of California, San Francisco, will cost \$1 million.

Getting that funding — which will come from the National Institute on Drug Abuse — was a four-year struggle that played out during a growing controversy over prescription of medical pot.

In November 1996, California voters approved Proposition 215, which legalized the use of marijuana to ease the symptoms of diseases like cancer and AIDS. The measure, and a similar one in Arizona, sparked a backlash among federal and state anti-drug officials, who tried to crack down on users and their doctors. The law is still being hashed out in the federal courts.

Meanwhile, Abrams, a UCSF researcher and professor of medicine, rewrote and tinkered with his team's research application several times. Approval came only after a panel of experts assembled by the National Institutes of Health called for more research on medical marijuana in February.

Abrams says his proposal probably got a more favorable reception this time around because it focuses on the poten-



You Can Pause and Reflect while doing a bench press at many spots along 24th Street.

Photo by Najib Joe Hakim

tially harmful interaction of marijuana with protease inhibitors, one of the new generation of anti-AIDS drugs. Past applications had stressed marijuana's potential benefits. "We decided maybe the thing to do was to look and see if there is toxicity," Abrams said.

But the study will also look for preliminary evidence of the benefits — such as increased appetite and weight gain — often attributed to smoking pot.

The researchers plan to compare three groups of 31 HIV infected patients. One group will smoke marijuana, one group will receive an oral tablet of a drug called Marinol — which contains THC, the active ingredient in marijuana — and a third group will take neither drug. The marijuana will be supplied by the Institute on Drug Abuse from a government farm in Mississippi.

The study's volunteers will be drawn from the patients of the Community Consortium, a group of San Francisco doctors

who treat HIV-infected people.

The research will take place at S.F. General Hospital, where small groups of volunteers will be housed for 21 days for close study. The scientists will monitor the volunteers' viral load, hormone levels, caloric intake, weight gain, and appetite to see what effect marijuana has.

Abrams has not been an advocate in favor of medical marijuana, but he has concluded that pro-pot advocates are right when they say that government officials have been paranoid about moving ahead with legitimate research on the drug's effects. The advocates have accused the officials of dragging their feet while sick people suffered.

Does the funding of this grant mark a turning point in the government's views?

"I don't know about that," Abrams said. "It's too early to call. Certainly we have learned a lot in how to apply for a grant and how to make an application. I appreciate their giving us the go-ahead."

Now we need to do the work."

While Abrams is not an advocate of medical marijuana, his partner, writer and journalist Clint Werner, definitely is. The couple have lived together in Noe Valley for 12 years but managed to keep their distinct political outlooks intact. Werner is working full time on a book about the saga of legalizing the drug, tentatively titled *Pot Wars: The Battle for Medical Marijuana*. (The Voice wrote about Abrams' and Werner's separate lines of research in the November 1996 issue.)

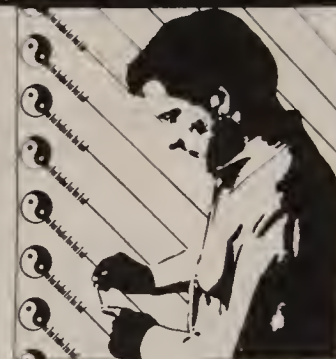
By coincidence, Werner sent off the first three chapters plus an outline of the book to New York literary agent Richard Pine the same week (the first week in October) that Abrams and his team got word that their study had been funded.

Werner has not heard from the New York agent, but he's still pushing to finish the book by the end of spring. "The real challenge isn't in finding great stuff to write about," he said. "It's shaping this huge mass into something manageable."

□



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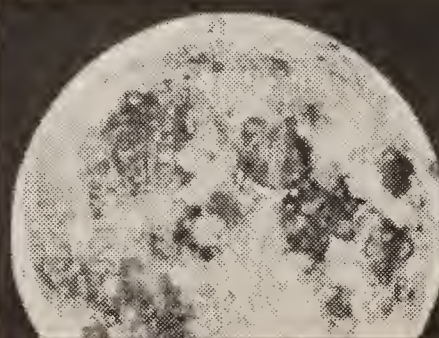
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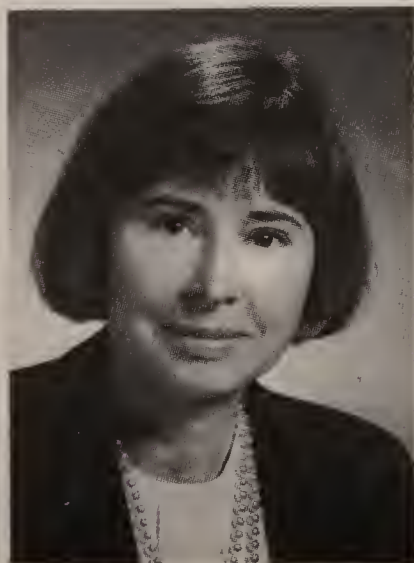
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STORE TREK

By Anne Gates

Storetrek is a regular feature of the *Voice* profiling new shops and businesses in the neighborhood. This month's column introduces an insurance office on Castro, a new yoga studio on Sanchez, and a gift and art shop operated by a Noe Valley resident in Glen Park. If you are the owner of a new business in the area, please leave word at the *Voice* by calling 821-3324.

The Sanchez Street Studio 1589 Sanchez St. (at 29th)

Yoga enthusiasts, from beginner to expert, have a new place to practice in Noe Valley. The Sanchez Street Studio, which opened this past spring on Sanchez near 29th Street, offers classes and workshops seven days a week.

"We're growing steadily," says Judy Sacks, one of the studio's seven independent yoga teachers. Since Back Room Yoga



Francois Lozier (center) is one of seven instructors teaching yoga at the Sanchez Street Studio. Photo by Najib Joe Hakim

(at the corner of Sanchez and 25th) closed at the end of September, many former teachers and students have moved down the street to the Sanchez Street Studio.

Sacks taught at Back Room Yoga, as did current Sanchez Studio instructors Deborah Franzini, Anne Saliou, and Kathy Flock. Susie Bruder, Francois Lozier, and David France also teach at the new studio. The classroom is equipped for a maximum of 12 students, but most classes average 9 or 10. Thirteen different classes are offered each week, and the focus is largely on "gentle yoga," though each instructor has his or her own focus and influences.

Flock teaches a "Yoga for Pregnancy" class on Wednesdays (9–10:30 a.m.) and a special class for moms and babies on Thursdays (10–11:30 a.m.). The pregnancy class is ongoing, but Mom/Baby Yoga is taught as a six-week series. Flock says she has been teaching prenatal yoga and working with new mothers for about five years.

France, who teaches on Sundays (5:30–

7:30 p.m.) and Thursdays (6–7:30 p.m.), describes his yoga method as a "dynamic flowing style emphasizing the development of acute perceptual skills to move beyond the limits of body and mind." His training is in Iyengar yoga, a "moving meditation" also favored by Sacks.

"Yoga is intense, but it's not like aerobics," says Sacks. "It's about strength and flexibility. Yoga is a great counterbalance to our lives of sitting and slouching."

She advises students to wear comfortable, non-baggy clothing and to avoid eating a meal before class. Because her classes have students at all levels of experience, Sacks says she tries to give options in a range of difficulty. Her class is on Tuesdays from 6:15 to 7:45 p.m.

The classes taught by Francois Lozier stress proper alignment, stretching, active and restorative poses, and relaxation. His intermediate class meets on Saturdays at 9 a.m. Lozier's general/beginner class starts right afterward at 10:35 a.m., and runs until noon.

Saliou teaches mixed levels of yoga—beginners welcome—on Tuesdays (9:30–11 a.m.) and Thursdays (7:30–9 p.m.). Franzini's gentle yoga classes meet on Wednesdays and Fridays. Bruder's classes are for "all levels of beginners" and are held Mondays and Wednesdays at 6 p.m.

Prices vary from instructor to instructor, but the drop-in fee is usually \$10 or \$12, and a series of four classes costs \$37 to \$40. Note that not all classes are open to drop-in students.

Flyers for each instructor are available at the studio, or call the instructor who best fits your interest and schedule: Susie Bruder, 648-3044; Kathy Flock, 826-5510; David France, 861-8737; Deborah Franzini, 282-8186; Francois Lozier, 642-9987; Anne Saliou, 564-7065; and Judy Sacks, (510) 848-3346.

Moptic 74 Wilder St. (at Diamond between Chenery and Bosworth) 584-5636

"Easter" the pet bunny has his own vintage teacups for kibble and water at Maria Carranza's new boutique, Moptic. Part art gallery, part flea market, Moptic sells a whimsical variety of new and vintage gifts.

Carranza, a Noe Valley resident, opened her small sunny shop in the heart of Glen Park on June 14. She says she's gotten a good response so far, and is looking forward to the holiday season.

Paintings, ceramics, and handmade purses showcase the work of several local artists, and Carranza, an artist herself, is always on the lookout for new items. "I know a lot of people who make interesting things," she says. Her own handprinted cards and photo art are on display, as are some striking stackable ceramic sculptures by Saunders Shaw, starting at \$50.

Moptic also offers a wide assortment of dishes from the '40s and '50s, which sell for \$2 to \$25. Vintage linens are priced from \$10 to \$30. Carranza is also willing to buy housewares and other knickknacks from her customers, or occasionally sell them on consignment.



Noe Valley resident Maria Carranza has a bunny to pet and many handmade art objects to admire at her new shop called Moptic in Glen Park. Photo by Beverly Sharp

The shop offers mechanical toys, the metal collectible ones, for \$2 to \$32. The finger puppets are a big hit too, says Carranza, as are the handbags and evening bags in silk and satin. Giant candles sell for \$12, and wire top hats that double as vases are \$20. The shop's unusual inventory also includes Chinese wrapping paper, wooden clogs, feather fans, and \$1 finger-shaped hooks to hang on the walls.

In a corner of the store is a display of delicate pearl jewelry, imported from Japan. Pearl earrings and necklaces are priced from \$30 to \$200, and custom pearls and settings are available. Silver rings from Bali are \$14; bracelets are \$33 to \$55. Semi-precious stone earrings are about \$90, and amber earrings are \$22.

Moptic is open Wednesday through Friday, 1 to 7 p.m., and Saturday and Sunday, noon to 6 p.m. The store will be open longer in December for the holiday season.

Michael Glazer Allstate Insurance 1326 Castro St. (at Jersey) 642-6569

"This area has been starved for an Allstate office," says Allstate Insurance Agent Michael Glazer. Glazer is now Noe Valley's Allstate representative, and he plans to offer personalized service to the neighborhood.

Allstate sells life insurance, auto and property insurance, and some commercial insurance. Glazer points out that Allstate is the largest stockholder-owned insurance company in the country and the fourth-largest life insurance provider.

He also wants to remind local residents that the final phase of Proposition 103, the voter-approved initiative to standardize statewide car insurance rates, will take effect in November. "That means good things for a lot of San Franciscans," says Glazer. Clients' mileage and driving record are now more important than their home address, he explains.

Glazer says the Noe Valley zip codes

(94114, 94131, and 94110) will have the largest decrease in auto insurance rates in the city. "The new rates will lower prices as much as 16 percent in the Noe Valley zip codes," says Glazer. The greatest savings will come to property owners who have both home and car insurance policies with the same insurance company.

Insurance prices are also dropping due to competitive forces, says Glazer, and some people might want to review their policies to see if they can get better coverage at the same cost. "We have very competitive rates," he adds.

For nonpartisan auto insurance advice, Glazer suggests contacting the Western Insurance Information Service (WIIIS). He has the consumer group's free brochure (about how to reduce car insurance costs) at his office, or you can send a self-addressed, stamped envelope to WIIIS, 3530 Wilshire Blvd., Suite 1610, Los Angeles, CA 90010.

The new Allstate office, in the space formerly occupied by @eon Computer, opened Aug. 4. Glazer says Allstate cus-



Michael Glazer expects car insurance rates for city residents to drop significantly after Prop. 103 kicks in. Photo by Charles Kennard

tomers who have policies at other offices in the city may use him as an insurance resource and are welcome to pay their insurance bills at his office. You can also find more information on his Web site: <http://agent.allstate.com/22306>.

Glazer says the main reason he's in the insurance business is that he enjoys meeting and helping people. Perhaps it's in his genes too: his father has worked for Allstate for 36 years and is still on the job.

Glazer was born and raised in San Francisco and is thrilled to be in Noe Valley. "I was ecstatic to find this location in this neighborhood," Glazer says. "People in Noe Valley are taking care of their homes, and they have pride of ownership and an interest in the community. I'm proud to be here."

Allstate Insurance is open 8:30 a.m. to 6 p.m. Monday through Friday, 9 a.m. to 1 p.m. on Saturday.

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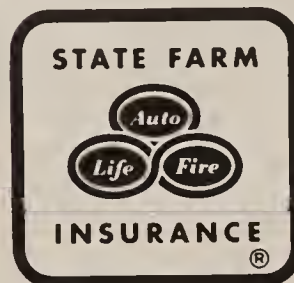
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Noe Valley Restaurants Share Their Thanksgiving Recipes

Here's a chance to go local this Thanksgiving and try some new recipes from several Noe Valley restaurants. Or perhaps these recipes will just help you decide where to make reservations for dinner.... In any case, be sure to stop by and thank the chefs.

MIDDLE EASTERN STUFFED TURKEY

The Courtyard Café ☎ 1361 Church St. (at Clipper) ☎ 641-0678

Abed Amas, owner of the Courtyard Café, notes that this stuffing also works well with Cornish game hens. He says red potatoes and cauliflower make nice side dishes.

Turkey: Wash thawed or fresh turkey with cold water, pat dry, rub with flour, and squeeze lots of fresh lemon juice all over the bird. Rinse with cold water and let drain/dry for a couple of hours.

Stuffing
1/2 pound coarsely chopped chicken livers or lean ground sirloin
Pine nuts or chopped almonds
White raisins (optional)
Allspice (not more than one teaspoon)
Ground nutmeg (not more than one teaspoon)
Cinnamon (optional, about 1/2 teaspoon)
About 3 cups dry long grain white rice



While rice is cooking according to package directions, sauté the livers or ground beef with the spices and nuts. Toss the sauté and the cooked rice together, and let cool.

Stuff the turkey firmly (this stuffing will not expand as a bread-based stuffing would), and squeeze lemon juice over the entire bird. Cook the turkey at 350 degrees, wrapped in foil (start oven at a higher temperature and lower it to 350 when bird goes into oven). Cook as you would any stuffed turkey, about 3-1/2 to 4 hours, basting occasionally with lemon juice. Amas suggests adding boiled red potatoes to the roasting pan about an hour before the turkey will be done.

Cauliflower in White Cream Sauce: Lightly boil or steam cauliflower. Heat butter and add flour to make a roux. This should have a soft paste consistency. Stir until very light brown. Slowly add milk, stirring constantly. Add black pepper to taste. When sauce thickens, pour over cooked cauliflower.

FIREFLY'S ACORN SQUASH PANCAKES

Firefly Restaurant ☎ 4288 24th St. (at Douglass) ☎ 821-7652

Pancakes...they're not always for breakfast. Firefly chef Brad Levy suggests you serve this dish as a hot appetizer to your Thanksgiving meal or alongside the turkey. The recipe yields 16 to 24 pancakes, which are about 2-1/2 to 3 inches in diameter.

1 cup flour
1-1/2 teaspoons salt
1/2 teaspoon freshly ground pepper
1/8 teaspoon baking powder
1 acorn squash, weighing about 1-1/2 pounds
3/4 cup chopped onion
1/4 teaspoon chopped fresh ginger
1/2 cup milk or more if necessary
2 eggs, lightly beaten
1/2 cup vegetable oil or more if necessary, divided
1-1/4 cups smooth applesauce, optional
3/4 cup sour cream with chives, optional



Preheat oven to 200 degrees. Combine the flour, salt, pepper, and baking powder. Mix well and set aside. Peel and seed the squash and cut into 1/2-inch cubes. There will be about 3 cups. Transfer to a food processor fitted with a steel blade. Add the onion and ginger. Process to a rough purée. With the motor running, add the milk in a steady stream. Continue to process until the mixture becomes an almost smooth purée, adding 1 or 2 tablespoons more milk if necessary. Transfer the mixture to a large bowl. Mix in the eggs. Stir in the flour mixture just until no streaks of flour are visible. Do not overmix. Cover and refrigerate for 30 minutes.

Pour the oil into a heavy 10- to 12-inch skillet. Heat over medium-high heat until the oil ripples. Pour in the batter by heaping tablespoons, leaving a little room between each pancake. Using the back of the spoon, lightly pat the pancakes until the undersides are golden, about 1 minute. Turn them with a spatula and fry until the tops are golden, about 45 seconds. Drain them on paper towels and then put in a pan in a warm oven while frying the remaining pancakes. Add additional oil if needed. Serve with applesauce or sour cream and chives.

LITTLE ITALY SEAFOOD COMPOSITION FOR TWO

Little Italy Restaurant ☎ 4109 24th St. (at Castro) ☎ 821-1515

Little Italy owner/chef J.P. Gillen says this seafood dish, served with chardonnay, makes a wonderful romantic dinner for two.

Ingredients
6 ounces sea bass
6 jumbo prawns, shelled and deveined
6 scallops
4 mussels, in the shell
4 clams, in the shell
5 cloves chopped garlic
Extra virgin olive oil
1 tablespoon soy sauce
Chili pepper to taste
Black pepper and parsley to taste
12-ounce can chopped tomatoes
(or Little Italy Marinara Sauce to go)
8 ounces pasta of your choice

Heat a non-stick skillet. Add olive oil to coat bottom of pan and brown sea bass and scallops on both sides. When this is done, add remaining seafood, garlic, chili pepper, black pepper, parsley, tomatoes, and soy sauce. Simmer in skillet until seafood is cooked. When the shells on the mussels and clams open, they are done. Do not eat mussels or clams if the shells do not open.

Serve over cooked pasta.

ROASTED BUTTERNUT AND RED PEPPER TERRINE

Valentine's Cafe ☎ 1793 Church St. (at 30th) ☎ 285-2257

Valentine's chef Eric Skokan, who is originally from Virginia, says a terrine is similar to a paté but consists of layers of ingredients shaped into a mold and baked. His butternut squash terrine is a Southern vegetarian dish "that is great to make at home for a Thanksgiving dinner party because it can all be done ahead of time and served at the last minute." Valentine's will be serving it at four seatings on Thanksgiving Day, with a portobello duxelle (mushroom sauté) and pecan gravy. The terrine recipe serves 15 as an appetizer—sliced thinly—or eight as a main course.

Butternut Squash and Red Pepper Terrine
3 medium butternut squashes, peeled and thinly sliced
1 cup garlic cloves, peeled and minced
3 red peppers, cored and thinly sliced
1 tablespoon salt
1 teaspoon pepper
2 tablespoons oil



Preheat oven to 450 degrees. Spray a terrine mold or bread pan with cooking spray.

In a large mixing bowl, combine squash, garlic, salt, pepper, and oil, tossing well to coat squash. Tightly layer 1/2 of prepared squash in the terrine mold. Follow with all of the red pepper, then the second half of the squash. Loosely cover with foil and bake for 2 hours. Remove foil and bake 30 minutes more. Remove from oven and allow to cool.

Terrine is best served the day after it is prepared. To serve, either reheat the entire terrine and serve on a platter, or cut into individual slices, reheat, and serve on individual plates. Note: Butternut squash contains a large amount of water and shrinks as it cooks. When forming a terrine, layer the squash higher than the sides of the mold, securing with foil, to compensate for the lost volume.

Portobello Duxelle
4 shallots, peeled and diced finely
6 garlic cloves, peeled and minced
2 tablespoons oil
2 portobello mushrooms, diced finely
2 tablespoons red wine
1/4 cup vegetable stock
Salt and pepper to taste

In a large sauté pan over high heat, combine shallots, garlic, and oil. Sauté until onions are translucent, about 3 minutes. Add portobellos and sauté 6 minutes more. Add wine, stirring to remove browned bits from the bottom of the pan. Cook until the wine has evaporated, about 2 minutes. Repeat with vegetable stock. Continue cooking until stock has evaporated and mushroom mixture is dense. Season to taste with salt and pepper. Yields about 1-1/2 cups.

Pecan Gravy
1 slice wheat bread
1 cup vegetable stock
1/4 cup pecans
1/4 cup garlic cloves, peeled
1/4 cup canola oil
Salt and pepper to taste

In a small bowl, combine bread and stock, allowing bread to soak for at least 5 minutes. In the bowl of a food processor, fitted with an "s" blade, combine pecans and garlic. Pulse several times until coarsely chopped. Remove pecan mixture to a medium sauté pan, set over medium heat. Add oil and cook until pecan mixture begins to brown and is fragrant, about 4-6 minutes.

Return cooked pecan mixture to the food processor. Add soaked bread and purée until very smooth, about 5-7 minutes. Slowly add remaining stock to thin to desired consistency. Season to taste with salt and pepper. To serve, heat gently in a saucepan over low heat. Do not allow to boil. Yields 1-1/2 cups.

MISS MILLIE'S PECAN PIE

Miss Millie's Restaurant ☎ 4123 24th St. (at Castro) ☎ 285-5598

Owner Gary Rizzo loves this recipe by Miss Millie's pastry chef Karen Shaw because it's rich but not too sweet—the perfect pecan pie.

1-1/4 sticks butter (or 1/4 pound plus 2 tablespoons)
1 cup light Karo syrup
1 cup brown sugar
3 eggs
1 teaspoon vanilla
1-1/2 cups pecan halves
1 9-inch pie tin lined with your favorite pie dough, chilled and unbaked



In a saucepan over medium heat, combine butter, Karo syrup, and brown sugar. Heat until butter is melted and brown sugar is dissolved. Let cool.

Preheat oven to 350 degrees. Gently stir the eggs and vanilla into cooled mixture until combined. Strain. Put the pecan halves on the bottom of the pastry-lined pie tin. Pour filling over the nuts. Bake on the bottom shelf of the oven for 1 hour, or until crust is golden and pie filling is puffed and just set. Let pie cool down and serve at room temperature with whipped cream.

GOBBLE-ME-UP WRAP

WrapWorks ☎ 4042 24th St. (at Noe) ☎ 821-9333

Look for this wrap on WrapWorks' menu as Thanksgiving approaches, or make your own with Thanksgiving leftovers. WrapWorks makes this wrap with all homemade ingredients, marinated and grilled turkey, and apple-walnut stuffing.

1 spinach tortilla
Giant spoonful garlic mashed potatoes
Giant spoonful turkey stuffing
Cranberry sauce, to taste
Big handful of leftover turkey
Turkey gravy, to taste
Spoonful of corn and pepper relish

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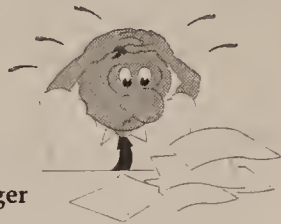
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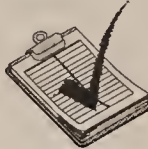
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A Star Trek Cookbook For the Next Generation

By Robert Michael Mendonsa

As any Trekker will tell you, San Francisco has a special place in *Star Trek* lore. The city is the future home of the Starfleet Academy, whose 23rd-century logo prominently displays the outline of the Golden Gate Bridge. The 1986 movie *Star Trek IV: The Voyage Home* depicts Captain Kirk and Mr. Spock time-traveling back to present-day San Francisco, where they coped with huge crowds in the Financial District and sanitation workers in Golden Gate Park. Our fair metropolis is also the birthplace of Lieutenant Sulu and headquarters for the United Federation of Planets.

It is therefore fitting that the *Star Trek Cookbook*, released this month by the Carol Publishing Group, was created right here in San Francisco, by a member of that hearty-eating tribe, the Noe Valleons. In fact, according to its author, Noe Valley resident Theresa Robberson, "the book couldn't have come together anywhere else. There are so many different people with so many different tastes in Noe Valley, you can always find somebody who'll taste something," at all hours of the day or night.

The story of how the book came to be is a tale in itself. In 1995, the same year Robberson moved into her house on Diamond Street, she was given a birthday present of a ticket to the annual Star Trek Convention at Masonic Auditorium. "I had always been a fan of the original TV series and was really starting to get into *The Next Generation*, so it seemed like it would be a lot of fun," Robberson recalls.

Although she enjoyed the convention, Robberson did suffer one major disappointment. "The food was so boring!" she says. "Unusual and interesting meals were featured in countless episodes, and here they were serving hot dogs and popcorn at a *Star Trek* convention! I couldn't believe it!"

Robberson, who works as a human resources manager but who cooks for fun, decided to do something about this glaring hole in the *Star Trek* universe.

After discovering that the only other attempt at a *Trek* cookbook was long out of print, she sat down and reviewed every episode from the '60s television show *Star Trek*. Then she launched into the sequels, *Star Trek: The Next Generation* and *Deep Space Nine*.

"Once I had catalogued every food and



Theresa Robberson knows it doesn't take a rocket scientist to figure out what the alien cultures on *Star Trek* like to eat. Just let the people on 24th Street try out your recipes.

Photo by Beverly Tharp

beverage that appeared on every episode, I watched each segment displaying food in slow motion several times over, so I could capture both the look of the food and the context in which it was presented."

But creating a *Star Trek* menu was a challenge. "After all, we're talking about cultures that don't exist yet. We have a lot of diversity here in the city, but to my knowledge no one has opened a Klingon or Vulcan restaurant yet," she jokes.

The Klingon dish "Gagh," for example, called upon all of Robberson's ingenuity. On *Star Trek*, "Gagh is a dish consisting of worms that are best served live," she explains. "I didn't think many people would find that appetizing." But after experimenting with numerous worm-like concoctions, she hit upon the idea of using squid-ink pasta. "It tastes great, but it doesn't move all over your plate!"

The Klingons aren't the only *Star Trek* civilization whose culinary quirks show up in the book. "The Cardassians are represented with Sem'hal Stew with Yamok Sauce [beef vegetable stew] and Taspar Eggs-in-a-Nest [eggs and caviar on a bed of hash browns]," says Robberson. "We've also got Romulan porridge, and the Vulcans' famous Plomeek Soup, which Spock threw at Nurse Chapel in *Amok Time*."

Robberson admits, however, that there's one species whose cuisine she avoided. "The Ferengi eat bugs and drink

snail juice. I couldn't come up with a suitable replacement for that!"

Adjusting the recipes involved the production of vast quantities of food — far beyond the capacity of Robberson's two roommates to consume. "We couldn't find anything in the refrigerator for months — it was crammed with *Trek* food," recalls roommate Fiorella Gaia.

But Robberson solved this problem by enlisting her 24th Street neighbors. "I didn't want this cookbook to appeal only

to Trekkers, but to everyone," she says. "So I would bring samples to the merchants down and around 24th Street. Everyone was great."

Taste-testers included Heather Ziegler and Veronica Calderon of Rory's ice cream parlor, Gary Speer at Graystone Wine & Liquor, Eddie Mullins of Mullins & Co., Sam Salamed from Good News, Raymond Dove at Cut Above Castro,

Continued Next Page

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Noe Valleons Used as Guinea Pigs for *Star Trek Cookbook*!

Continued from Previous Page

plus the folks at Artemisia, Sea Breeze Cleaners, and the Diamond Corner Cafe. They sampled everything from casseroles to salads to chocolate desserts, these last being featured in a section dedicated to the Enterprise-E's ship counselor, chcoholic Deanna Troi.

Enthusiased Raymond Dove, "The chocolate cake was out of this world, no pun intended. Really, it was so good I didn't share a bite with anyone!"

Having friendly neighbors was just one advantage to writing the book in Noe Valley. "Everything is so convenient here," says Robberson. "Whenever I needed something, I'd walk down 24th Street. I made one or two trips to Bell Market every day. The people at Graystone, Caruso's, and St. Clair's helped me with the specialty liquors I needed for the beverage section. I saved a fortune buying herbs from the bulk section at Real Food Company. The people at the Cheese Company were incredibly helpful. I bought a lot of the teas from Spinelli's. And it sure helped having Mail Boxes Etc. only a block away."

Even finding a publisher was easy for this first-time author — almost too easy. "My partner told me to query before I'd actually finished the manuscript, to see if the idea had any merit. I'll never listen to him again!" Robberson says with a grin. Several publishers responded to her batch of 16 queries, and all were eager to see the full manuscript.

"I had to cook around the clock for a few weeks," says Robberson. And the time crunch was aggravated by her perfectionist streak. "I did not want this book to contain sloppy recipes thrown in just to capitalize on the *Star Trek* myth. I wanted to deliver the same high quality that the creators of *Star Trek* deliver when they produce their work."

Her final product has 130 recipes — "148 if you count the dressings and icings" — plus special sections devoted to party planning.

The *Star Trek Cookbook* will be "unofficial," which means it is not authorized by the creators of *Star Trek*, but Robberson isn't bothered, noting that many popular *Star Trek* products are unofficial.

"I queried Simon & Schuster [the official publisher of all things *Trek*], but they replied with a form letter which included a list of literary agents," says Robberson. "It worked out, though. I found my agent on that list."

Represented by Jennie McDonald of Curtis-Brown here in San Francisco, Robberson is happy with the outcome. "Carol Publishing has done some other *Star Trek* books, and their catalog is first-

A Note About the Recipe

Diamond Street resident Theresa Robberson prefaces her new *Star Trek Cookbook* with a "special thank you to my many brave food-tasters, including...my neighbors in Noe Valley." Those who may have missed her tastings last spring are invited to try out her recipe for the Bajoran dish Hasperat. "It is described on *Star Trek* as sort of a 'wrap' made with a brine that makes your eyes water — the Bajorans seem to be vegetarians who enjoy their food really hot," says Robberson. But Earth's version features stir-fry carrots and zucchini with a special sauce that humans can make as spicy as they like.

Hasperat

"*Hasperat*" is a spicy burrito favored by the Bajoran species. Recipe is from the *Star Trek Cookbook*, published in the late 1990s by Theresa Robberson.

Filling

2 zucchinis, shredded
2 to 3 carrots, peeled and shredded
1/2 cup red wine vinegar
2 tablespoons juice from jar of jalapeño peppers
1 teaspoon chili powder
2 teaspoons celery flakes
1/4 to 1/2 teaspoon crushed red pepper flakes

For hotter taste, increase amount of jalapeño juice.

1 sheet soft Armenian cracker bread, at room temperature
3 to 4 ounces cream cheese, softened

Mix zucchini and carrots in a small bowl. In a separate bowl combine vinegar, jalapeño juice, and seasoning. Mix well. Pour dressing over the vegetables and toss. Place in a heated non-stick frying pan. Cook 5 to 7 minutes just until vegetables are heated and most of the liquid has evaporated.

Spread cream cheese evenly over cracker bread. Cover cream cheese with vegetable mixture, leaving only cream cheese on about 4 inches at one end. Roll cracker bread as instructed on package. Secure end with cream cheese. *Note: While Hasperat is "best when served hot," it can also be prepared cold. To prepare cold: Marinate vegetables, covered in the refrigerator, 4 to 6 hours. Drain off excess juice. Prepare bread as noted above.*

Makes 12 (1-inch) slices or 2 large burritos.

rate," she says. The book will hit the shelves in both hardbound (\$16.95) and paperback (\$12.95), starting the first week of November.

Robberson is also pleased to note that her book will be the only *Star Trek* cookbook currently in print — in the Alpha Quadrant of the Milky Way, that is. □

Robberson will sign copies of the *Star Trek Cookbook* and serve samples on Nov. 21, 8 p.m., at the Taylor Street Barnes & Noble. She'll also give a book party at Cover to Cover on 24th Street Jan. 10 (1 to 3 p.m.), coinciding with the British release of her book early next year.

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SHORT TAKES

If These Walls Could Talk

How old is your house? Who built it and how has it changed over the years? Noe Valley residents lucky enough to live in an older home can start unearthing the answers to these questions at a free lecture and slide show on Saturday, Nov. 1, 2 p.m., at the Main Library downtown.

Three architectural and house historians—Anne Bloomfield, William Kostura, and *Voice* contributor Tim Kelley—will describe the various tools they use to track down the history of a San Francisco house. Using slides, they will point out the city's architectural styles and neighborhood development, and then lead the audience through a typical case study. They'll also give advice on reference sources, since many records were destroyed in the 1906 Earthquake and Fire.

The presentation, sponsored by the San Francisco History Center and the Friends of the San Francisco Public Library, will be held in the Koret Auditorium at the New Main at Larkin and Grove streets. For more information, call 557-4277.

The Holidays Are Just for Fun

If you're tired of dragging out the same old decorations every holiday season, Just for Fun, the gift store at 24th and Noe streets, has a great opportunity coming up. From Nov. 1 to 9, the store will host a series of "Home for the Holidays" events, including decorating seminars, a silent auction, and an open house party.

The holiday events, co-sponsored by the Minnesota collectibles maker Department 56, will also feature a fundraiser for Ronald McDonald House, the organization that provides a fun home-away-from-home for families of seriously ill children. Just for Fun will offer an exclusive Ronald McDonald House ornament for sale. A dollar from each ornament sold will go to the San Francisco House.

In the silent auction, which also benefits the local charity, the item up for bid will be "The House That Love Built," a Department 56 limited-edition, lighted village table decoration.

Just for Fun will also sponsor free decorating demonstrations throughout the week. On Monday, Nov. 3, the shop will show how to make a centerpiece. Folks can learn how to properly light a Christmas tree on Wednesday, Nov. 5. And on Friday, Nov. 7, an expert will demonstrate how to make tree toppers and bows. All demonstrations are at 7 p.m.

The nine-day event will culminate with an Open House on Sunday, Nov. 9, from 2 to 6 p.m. There will be food and drink, and representatives from several ornament companies will be on hand to show off their decorations.

To place a bid in the auction (Nov. 1–9) stop by Just for Fun at 3982 24th St. The store will be open from 9 to 9 on weekdays, until 8 p.m. on Saturday and 7 p.m. on Sunday. For details, call 285-4068.

17 Bands, 7 Hours of Music

Mayor Willie Brown thinks the Noe Valley Music Festival is so much fun—and such a good cause—that he's declared Nov. 8 Noe Valley Music Festival Day in San Francisco. On that day, six local bars will host 17 rock, folk, Latin, blues, and jazz bands, from 2 to 9 p.m.

The 13th annual event will benefit the John Condren Memorial Fund at San Francisco General Hospital and two seniors groups, Centro Latino de San Francisco and the Noe Valley Senior Center.

Among the bands, "Jimmy and the Weasels is a Noe Valley favorite," says festival coproducer Gus Vallejo, "and Jennifer McKittrick is another local musician."

Jimmy and the Weasels will play at Jack's Taps at Church and 25th from 2 to 4 p.m., followed by Stone Trout (4–6) and Rattled Cans (6–8).

Jenifer McKittrick, of Swingin' Doors fame, will kick off the music at the Rover's Inn on 24th near Castro at 2 p.m. Rich and the Sawbucks will take the stage from 3 to 5, followed by the Shotwell 7 group (5–7) and the Tune Buckets (7–9).

Noe's Bar at 24th and Church will feature the S.F. Link from 2:30 to 5:30 and Bandido from 6 to 8 p.m. The Schooner Tavern, 1498 Valencia St., will host the Dave Galaxy Band from 3 to 5, and the Palm Garden Band from 5:30 to 7:30.

At O'Greenberg's Pub on Dolores Street, Grassy Kid Stuff will perform from 2 to 4, followed by the Joyce Garcia Blues Band from 4 to 6. Robbie McGregor will do the last set from 6 to 8 p.m.

The Tom Lander Group plays jazz from 2 to 3 at Tien Fu Restaurant and Bar on 24th Street near Sanchez. Jody Gabriel will entertain the crowd from 6 to 8 p.m. (The midafternoon slot will be filled soon.)

This festival survives on audience donations alone, so no tickets are necessary. Simply wander from place to place, and show up wherever your favorite band is playing. To talk to Gus, call 285-2892.

A Bike Lane of Their Own

Bikers in Noe Valley may soon have an easier ride to downtown San Francisco, if neighbors and businesses on Valencia Street get their way. Cyclists hope to paint a separate bike lane on Valencia, allowing safer two-wheeled passage through the Mission District. Though the street has already been designated an official bike route by the city's Department of Parking and Traffic (DPT), bikers currently must share the road with cars. The separate lane would give bicyclists their own strip of road.

Board of Supervisors member Jose Medina has requested a hearing on Nov. 6 to decide whether the bike lane is feasible. According to supporters, most near-

by residents and shops are enthusiastic. But the Traffic Department has raised concerns that the lane would cause too much auto congestion on Valencia Street.

All sides will have a chance to voice their opinions at the November hearing. For the exact time and location, call Supervisor Medina's office at 554-5405.

The Peace-A-Chords

Cuban jazz duo John Santos and Omar Sosa will headline a concert at the Noe Valley Ministry on Friday, Nov. 7, to benefit IDEX (International Development Exchange), a group supporting grassroots economic projects in Asia, Africa, and Latin America. The event will also include a performance by Rebecca Riots, an East Bay "radical" folk rock trio of women singer-guitarists. Folk musician Deborah Pades is also in the lineup.

Pianist Omar Sosa has toured in Angola, Nicaragua, the Congo, and Ethiopia, and is soon to release a CD with percussionist John Santos. The pair recently appeared at the San Francisco Jazz Festival.

Concert organizers say 100 percent of ticket sales will go to three IDEX programs: a project to provide a grinding mill for a community in Ghana; a women's rope-making project in India; and a project to improve the water supply in El Guacimal, Honduras.

Between acts, the show will feature a short monologue describing life in each of the three regions.

The performance will be at the Noe Valley Ministry at 1021 Sanchez St. Doors open at 7 p.m., and the show starts at 8 p.m. Tickets are \$12 in advance and \$16 at the door. Advance tickets are available at Streetlight Records on 24th Street and Round World Records on Guerrero, or by calling IDEX at 824-8384.



Actor/director/musician Idris Ackamoor will bring his jazz quartet to the Noe Valley Music Series Nov. 15. Photo by Capparelli/Speyer

Carnival of Cultures

People of all ages and ethnicities are invited to attend the second annual Carnival of Cultures, to be held at the 30th Street Senior Center on Saturday, Nov. 8. You can sample foods from around the globe, win hundreds of dollars in raffle and piñata contests, and kick up your heels to the music of two Latin bands.

The evening's buffet will feature down-home barbecue, and an exotic mix of Italian, Thai, Chinese, and Spanish fare. Many local eateries will also donate food, including Valentine's, Savor, and What's for Dessert. The San Francisco bands Los Compas and Loco Bloco will both perform, and western line dance deejay Cactus Rose will spin some tunes.

Other entertainment will include Latino folk dancing and a piñata contest—

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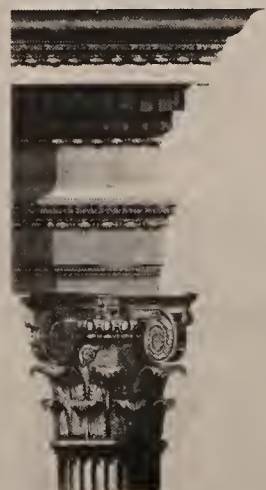
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SHORT TAKES

Continued from Previous Page

with separate competitions for the 17-and-under crowd and those over 18. The top winner in each age group will take home \$300. Speaking of prizes, the grand prize in the raffle is \$500.

The carnival starts at 7 p.m. at On Lok's 30th Street Senior Services, located at 225 30th St. near Dolores. All proceeds support the senior center's social, health, and nutrition programs. Tickets are \$50; entry in only the piñata contest is \$25. For tickets or more information, call 292-8733.

Follow the Singing Rainbow

Noe Valley's Singing Rainbow Youth Ensemble and the San Francisco Children's Chorus will perform together for the first time on Sunday, Nov. 16, at Community Music Center on Capp Street.

Both groups are directed by Diamond Street resident Candy Forest. The two ensembles will each do a separate set, then sing a few numbers together.

"Most of their songs are about love of the earth, the animals, and each other," says Forest. She is especially excited about a new tune, "Dog Star," which she says is "too cute for words. The kids do a 'woof-woof' chorus. And it's the first time it's been performed in public."

The Rainbow will also sing selections from their hit recordings, including the popular "I'm a Reptile." An adult Noe Valley singing group, the Refractions, will

make a special guest appearance. "They'll perform a madrigal song about a cow, and do some other surprises," Forest says.

The show is free, and everyone is invited. The event will be held at 3 p.m. at 544 Capp St., between 20th and 21st streets. For information, call 550-7752.

Poetry Benefit for Jamestown

Poetry buffs, prick up your ears! A poetry reading with Victor Martinez is happening on Nov. 13 at Cafe Que Tal on Guerrero Street. Martinez, a Mission District resident and winner of the National Book Award, is the author of *Parrot in the Oven* and *Caring for a House*. Other poets, including Edith Hartnett, Joey Sutter, and Frank Holt, will also read.

All proceeds will benefit Jamestown Community Center, the former Fair Oaks Street youth program now housed in several local schools. "Last year it was marvelous," said Paul Nixon, a Fair Oaks resident and Jamestown booster. "We had all these local people reading. The neighborhood spirit is really great in this. This money will be the seed money for another big [Jamestown] fundraiser in the spring."

Tickets are \$8 per person or \$15 per couple. That price includes one free coffee, tea, or soda. A cash bar will also be available for food, beer, and wine. The event will be held from 7 to 10 p.m. at Cafe Que Tal at 1005 Guerrero St. near 22nd Street. For more information, call Katie or Claudia at 647-4709.

Ackamoor Plays Original Jazz

Jazz musician and theater director Idris Ackamoor — a former Noe Valley resident whose most recent touring engage-

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SHORT TAKES

Continued from Previous Page

ments included the Jamaica Jazz Festival, Aaron Davis Hall in Harlem, and the National Black Theater Festival in Winston-Salem, N.C.—will celebrate the release of his premiere solo CD, *Portrait*, at two neighborhood venues this month.

First, on Saturday, Nov. 8, his quartet, composed of Ackamoore on alto sax, Fred Harris on piano, Mark Williams on bass, and Al Marshall on drums, will play Radio Valencia, at the corner of Valencia and 23rd streets. The group will showcase original compositions in two sets, at 7:30 and 9 p.m.

Then on Saturday, Nov. 15, 8:15 p.m., Ackamoore will present a special concert at the Noe Valley Music Series, 1021 Sanchez St. This show will feature a guest appearance by performance artist Rhodessa Jones, Ackamoore's longtime partner and co-artistic director in Cultural Odyssey, a theater company rooted in African-American music and dance traditions.

"Rhodessa Jones will perform with the quartet doing several spoken word pieces," says Ackamoore. "They are excerpts from a play called *Raining Down Stars*, in which we mimed our ancestral stories."

Jones, who still lives in Noe Valley, is also known for her Medea Project, a theater workshop for women behind bars.

Tickets are \$10. For more information, call Cultural Odyssey at 292-1850.

AIDS Hotline Is Up All Night

Are you a night owl? Are you a good listener? Perhaps you'd like to spend a few evenings a month helping others.

The AIDS/HIV Nightline will start a new training class for volunteers on Thursday, Nov. 6, in downtown San Francisco near Market and Montgomery streets. Volunteers field calls from 5 p.m. to 5 a.m. every night of the week.

"There is a tremendous variety of callers," says staff member Rolph Shanabruch. "Some people just want basic HIV information. Others are in terrible mental and physical shape. Sometimes it's the most we can do, just to help people get through the night."

The training includes basic instruction in how HIV is transmitted and treated and

in how to talk to someone who may be suicidal or mentally ill. Participants also role-play typical phone calls, and hear presentations from outside experts.

Volunteers must pass an exam at the end of the training and are asked to commit to four four-hour shifts per month.

At the Nov. 6 meeting, Nightline staff will work out a training program to suit the class members' schedules. All volunteers must speak with a staff member and fill out an application form before starting training. To sign up, call Shanabruch at 984-1902.

Gobble Gobble Gobble

For the 27th year, the Noe Valley Nursery School will host a community Thanksgiving feast on the Wednesday before Thanksgiving. Originally for school alumni, families, and friends, the event now includes members of the Noe Valley Senior Center and other building users at the Noe Valley Ministry. Neighbors and local merchants are also invited.

"We cook 9 to 10 turkeys," says Nursery School Director Nina Youkelson. "The food is donated and then prepared by parents. The children make all the bread and pies here at school that week. We've had as many as 200 people attend in past years."

The event begins at noon on Wednesday, Nov. 26, at the Nursery School, which is located on the main floor at the Noe Valley Ministry, 1021 Sanchez St. For further details, call Youkelson at 647-2278, weekdays between 9 a.m. and 1 p.m.

A Democratic Correction

In last month's Short Takes, the *Voice* reported that the Noe Valley Democratic Club had not taken a stand on Proposition H, the Nov. 4 ballot measure that advocates retrofitting the Central Freeway. This was incorrect.

In fact, the club recently rejected the freeway proposition. In advising its members to vote no on Prop. H, the club stated, "This overly specific measure ties the city's hands and eliminates other options for solving the freeway problem, such as tearing down or building a new structure."

The *Voice* regrets the error.

This month's Short Takes were written and edited by Erin O'Briant, Dodie Hamblen, and Sally Smith.

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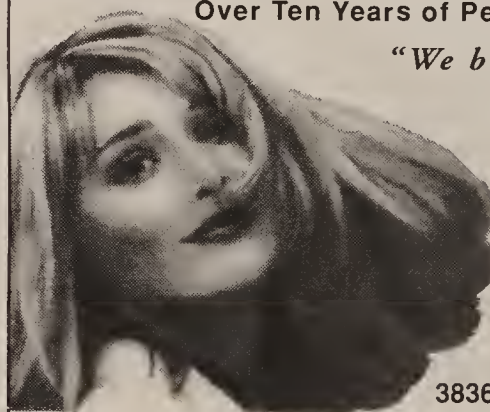
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The new Goodwill Store at
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Thursday, October 23rd has been

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due to unforeseen construction delays.

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Sorry for the inconvenience, shop our other stores, and see you soon!

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Wednesdays, begins Oct. 8
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Tuesdays, begins Oct. 14
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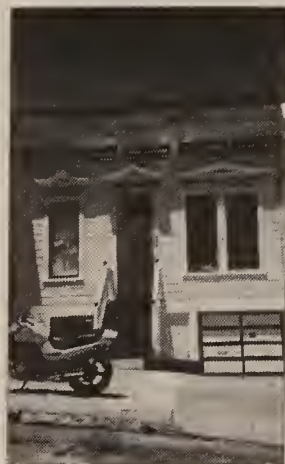
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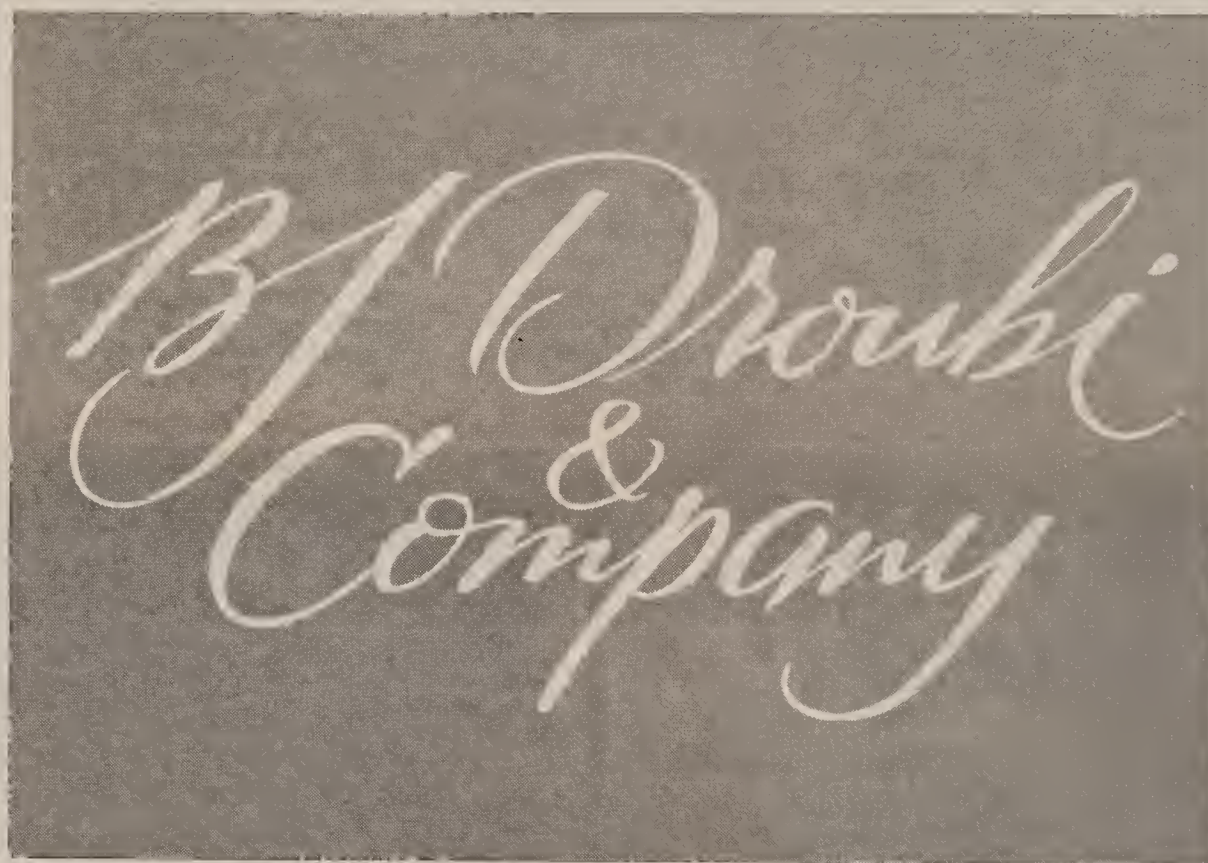
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NOVEMBER

OCT. 31: Upper Noe Recreation Center lures kids 5 to 14 to a Halloween FESTIVAL with a costume contest, candy, and prizes. 3:30–6 pm. Oay & Sanchez.

OCT. 31: The Haunted House Lady will display the Egyptian Cat Mummy at Noe Valley's 17th annual Haunted House. 5–8 pm. Hoffman betw. 24th & Elizabeth.

OCT. 31: The Randall Museum's HAUNTED MANSION offers thrills for all ages, including brain jello and keyboard music by Dracula's Daughter. 6–9 pm. 199 Museum Way 554-9603.

NOV. 1: Natural Resources hosts a DISCUSSION with author Marilyn Yalom on her landmark *History of the Breast*. 1–2 pm. 1307 Castro St. 550-2611.

NOV. 1: Learn the traditional craft of PAPEL PICADO to celebrate Día de los Muertos (ages 5–13). 2 pm. Mission Library, 3359 24th St. 695-5090.

NOV. 1: Three architectural historians lead a WORKSHOP on how to research the history of your house. 2 pm. Main Library, 100 Larkin St. 557-4567.

NOV. 1: Dr. Paul Jacobson performs an ORGAN CONCERT of works by Buxtehude, Gade, and Bach. 5 pm. St. John the Evangelist, 1661 15th St. 861-1436.

NOV. 2: The Noe Valley Ministry hosts "Miriam: A Woman in Ministry," experiential intergenerational education. 9:30 am. 1021 Sanchez St. 282-2317.

NOV. 2: Writer Ann Lamott emcees a BREAST CANCER town meeting featuring a talk by former U.S. Surgeon General Jocelyn Elders. 2–5 pm. Fort Mason's Cowell Theater. 392-4400.

NOV. 2: Violinist Sin-Tung Chiu and pianist Omiriy Cogan perform a SONATA RECITAL to benefit the Dr. P. P. Chiu Memorial Scholarship Fund. 4 pm. CMC, 544 Capp St. 647-6015.

NOV. 2: Cover to Cover's TEACHER NIGHT features Walter "the Giant Storyteller" Mayes reviewing the latest in children's books. 6:30 pm. 3910 24th St. Call 282-8080 to reserve a space.

NOV. 4: New Oawn YOGA holds a workshop on "Working with Breath and Movement" 2–6 pm. 285-1831.

NOV. 4: Dr. Betty Carmack leads a free PET LOSS support group for grieving pet owners. 7:30–9 pm. SPCA, 2500 16th St. 554-3050.

NOV. 4, 11, 18 & 25: JAZZ OANCE in the Valley features ongoing classes and new moves each month. 6 pm. 1021 Sanchez St. Lauren, 282-2782.

NOV. 4, 18 & 25: A chess and checkers CLUB for children of all ages meets at the Ingleside Branch Library. 3:30 pm. 387 Ashton Ave. 337-4745.

NOV. 4: Teams of librarians, book-sellers, and authors compete in a literary QUIZ SHOW moderated by Howard Junker, editor of ZYZZYVA. 6:30 pm. Main Library, 100 Larkin St. 557-4277.

NOV. 4 & 25: 10 am is STORY TIME for preschoolers age 3–5. Noe Valley Library, 451 Jersey St. 695-5095.

NOV. 5: The Adventist HEALTHVAN gives blood pressure checks and cholesterol screening at Bell Market. 10 am–4 pm. 775-2570.

NOV. 5: Author THOMAS AOCOCK signs *Thrown Away Child* and *Grief Street* from 4–5 pm; Renee Horowitz signs her second book, *Deadly Rx*, and Janice Steinberg signs her new Margo Simon mystery, *The Dead Man and the Sea*, from 5–6 pm. S.F. Mystery Bookstore, 4175 24th St. 282-7444.



Folksinger Deborah Pardes joins Cuban jazz duo John Santos and Omar Sosa at a benefit concert for IDEX Nov. 7.

NOV. 5: The S.F. RECYCLING Program needs volunteers; meetings are held the first Wed. of the month at 5:30 pm. 1145 Market St., Suite 401. 554-3404.

NOV. 5, 12 & 19: The Noe Valley Library's ongoing LAPSITS for infants, toddlers, and parents begins at 7 pm. 451 Jersey St. 695-5095.

NOV. 5, 12, 19 & 26: If you know a "Q" word that doesn't need a "U," bring it to SCRABBLE NIGHT. 7:30 pm. Bernal Library, 500 Cortland Ave. 695-5160.

NOV. 5–18: Andrew Oe Witt exhibits functional and sculpted CERAMICS at Ruby's Clay Studio. Reception Nov. 7, 6:30–9:30 pm. 552A Noe St. 558-9819.

NOV. 5–26: New Oawn Yoga Therapy teaches a CHAIR YOGA class designed by the Arthritis Foundation. Wed., 4–5 pm. 1021 Sanchez St. 285-1831.

NOV. 6, 13, 20 & 27: Java-N-More Cafe has an OPEN MIC for acoustic music and poets at 7 pm (6:30 sign-up). 1351 Church St. Call Jeff Troiano for information, 282-2216.

NOV. 6–DEC. 13: Theatre Rhinoceros presents a PLAY with music, *The Last Hairdresser*. 2926 16th St. 552-4100.

NOV. 7: High schoolers are invited to the Randall Museum's screening of Rossellini's 1947 film *Open City*. 7 pm. 199 Museum Way, 864-2026.

NOV. 7: Attorney Robert Ryan leads a discussion on the fight to save Mumia Abu-Jamal's life, and the impact of the DEATH PENALTY on political prisoners. 7:30 pm. Socialist Action Bookstore, 3425 Cesar Chavez St. 821-0458.

NOV. 7: A PEACE-A-CHORDS concert benefits the International Development Exchange (IDEX). 8 pm. Noe Valley Ministry, 1021 Sanchez St. 824-8384.

NOV. 7–16: The Music and Theater departments at City College present *The Threepenny OPERA*. Fri. & Sat., 8 pm; Sun., Nov. 16, 2 pm. The Diego Rivera Theater, Phelan & Judson. 239-3100.

NOV. 7–9, 15–16 & 19: SHANTI offers comprehensive volunteer training to provide emotional support and practical assistance to people with HIV/AIDS. Call 864-2273 to apply.

NOV. 8: A Christmas BOUTIQUE in the ICA Auditorium benefits the Dominican Sisters. 10 am–5 pm. 24th & Guerrero.

NOV. 8: Alvarado Elementary School hosts an OPEN HOUSE and gives tips on navigating the enrollment process. 10 am. 625 Douglass St. 695-5695.

NOV. 8: The S.F. League of Urban Gardeners (SLUG) offers a free WORKSHOP and soil test for heavy metals. 10 am–12:30 pm. Garden for the Environment, 7th Ave. & Lawton. 285-7584.

NOV. 8: The Noe Valley MUSIC Festival spotlights live bands in six local bars: Jack's Taps, Noe's, O'Greenberg's, Rover's Inn, Schooner Tavern, and Tien Fu Restaurant/Bar. 2–9 pm. 285-2892.

NOV. 8: The S.F. Recreation Symphony performs a free concert at 2 pm. Randall Museum, 199 Museum Way 554-9600.

NOV. 8: J. Otto Seibold and Vivian Walsh, creators of Mr. Lunch, sign their new BOOK *Olive the Other Reindeer*. 3 pm. Cover to Cover, 3910 24th St. 282-8080.

NOV. 8: On Lok's 30th Street SENIOR Services hosts "A Carnival of Cultures," featuring an international buffet and live entertainment by Los Compas and Loco Bloco. 7 pm. 225 30th St. 292-8733.

NOV. 8 & 9: Have your pet's portrait taken with SANTA PAWS at the SPCA. 10 am–4 pm. 2500 16th St. 554-3000.

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CALENDAR

NOV. 8 & 9: The Bay Area BOOK Festival offers authors' readings, entertainment, and a children's stage. 10 am–6 pm. Concourse Exhibition Center, Bran-
nan at 8th St. 908-2833.

NOV. 9: Robert Coates of Regan's Nurs-
ery tells "What's New for ROSE Gardens
in 1998" at the monthly meeting of the
San Francisco Rose Society. 1 pm.
County Fair Building, Golden Gate Park,
9th Ave. at Lincoln Way. 436-0497.

NOV. 9: Just for Fun gift shop's OPEN
HOUSE offers food and drink, decorat-
ing tips, and ornament sales to benefit
Ronald McDonald House. 2–6 pm.
3982 24th St. 285-4068.

NOV. 9: Noe Valley Ministry's TAIZE
(formerly Cantate) service of chanting,
meditation, and prayer begins at 7 pm.
1021 Sanchez St. 282-2317.

NOV. 9: Make a Thanksgiving feast at
an Ayurvedic vegetarian COOKING
CLASS. 11:30 am–2 pm. Integral Yoga
Institute. 770 Dolores St. 821-1117.

NOV. 10: Bring a long-unfinished pro-
ject to the EMBROIDERERS' GUILD's
"Stumped Night" introductory meeting.
7:30 pm. Diehl Hall, St. John's UCC,
501 Laguna Honda Blvd. 252-0861.

NOV. 11: DAPHNE SCHOLINSKI dis-
cusses her teenage memoir of "Gender
Identity Disorder," *The Last Time I Wore
a Dress*. 7:30 pm. Modern Times Book-
store, 888 Valencia St. 282-9246.

NOV. 11: OFFICE YOGA teaches pos-
tures and breathing practices to do at a
desk. 7:30–9 pm. Integral Yoga Insti-
tute. 770 Dolores St. 821-1117.

NOV. 13: Members of the International
Feminist Brigade present an eyewitness
account and slide show, "A Feminist
Reportback from CUBA." 6:30 pm. Rad-
ical Women, 1908 Mission St. 864-1278.

NOV. 13: Parents are invited to Liter-
acy Night to learn ways to encourage a
lifelong love of READING. 7 pm. Alvara-
do School, 625 Douglass St. 695-5695.

NOV. 13–22: DANCERS' Group pre-
sents the "San Francisco Song Festi-
val," a showcase of local singers and
songwriters. Thurs.–Sat. 8 pm. 3221
22nd St. 824-5044.

NOV. 14: Integral Yoga Institute offers
a six-week PRENATAL YOGA class for
mothers. 6–7:30 pm. Integral Yoga
Institute. 770 Dolores St. 821-1117.

NOV. 14: Glen Park Library hosts a
"Brave Little Girls" STORYTIME for kids
5 & up. 3 pm. 653 Chenery. 337-4740.

NOV. 14: Contributors read from the
fourth issue of *PROLIFERATION* mag-
azine. 7:30 pm. Modern Times Book-
store, 888 Valencia St. 282-9246.

NOV. 14–23: California Contempo-
rary DANCERS and Kate Foley Com-
pany perform "Naya India" at Theater
Artaud. Thurs.–Sat., 8 pm; Sun., 2 pm.
450 Florida St. 621-7797.

NOV. 15: The S.F. Waldorf School's
OPEN HOUSE, "A Day in the Kinder-
garten," offers an introduction to this
teaching method. 9 am–noon. 2938
Washington St. 931-2750.

NOV. 15: Jan Zobel's one-day seminar,
"Basic TAX and Recordkeeping for Self-
Employed People," runs from 10 am–4
pm. For info call 821-1015.

NOV. 15: The JAPANESE BICULTURAL
program at Clarendon Elementary
School hosts a dinner and AUCTION
with live musical entertainment. 5–9
pm. 500 Clarendon Ave. 759-2805.



Actor/producer Rhodessa Jones will
do a guest spot at the Idris Ackamoor
concert Nov. 15 at Noe Valley Music.
Photo by Capparelli/Speyer.

NOV. 15: The IDRIS ACKAMOOOR
Quartet performs a concert beginning at
8:15 pm. Special guest appearance by
performance artist Rhodessa Jones. Noe
Valley Music Series at the Noe Valley
Ministry, 1021 Sanchez St. 454-5238.

NOV. 15 & 16: The Friends of the
Public Library's BOOK SALE features
bargains for \$1 or less. Sat., 10 am–5
pm; Sun., 10 am–3:30 pm. Fort Mason
Center, Building A. 771-1076.

NOV. 16: The San Francisco CHIL-
DREN'S CHORUS and the Singing Rain-
bow Youth Ensemble perform a fall
concert at 3 pm. Free. Community
Music Center, 544 Capp St. 647-6015.



NOV. 16: BRAZILIAN MYSTERY writer
Jo Soares signs *A Samba for Sherlock*,
and Richard Lupoff signs *The Radio Red
Killer*, followed by a brief skit/tribute to
old-time radio. 4–5 pm. S.F. Mystery
Bookstore, 4175 24th St. 282-7444.

NOV. 18: FILMS for preschoolers
include *It's Snow*, *Little Blue*, *Little Yel-
low*, and *Mole and the Flying Carpet*. 10
and 11 am. Noe Valley Library, 451 Jer-
sey St. 695-5095.

NOV. 18: The Noe Valley Library hosts
"BRAVEART," a look at book illustration,
followed by a hands-on project for kids
6 and up. 4 pm. 451 Jersey St. 695-5095.

NOV. 20: Children 4 to 13 can make a
table decoration at a THANKSGIVING
CRAFT class. 4 pm. Mission Branch
Library, 3359 24th St. 695-5090.

NOV. 20: NORMAN SOLOMAN dis-
cusses corporate culture in *The Wizards
of Media Oz* and *The Trouble with Dil-
bert*. 6 pm. Modern Times Bookstore,
888 Valencia St. 282-9246.

NOV. 20–22: The Lick-Wilmerding
High School Theater Department per-
forms "BLACK ELK SPEAKS." 7:30 pm.
Ehrer Theater, 755 Ocean Ave. 333-
4021, ext. 313.

NOV. 21: A Noe Valley Ministry POT-
LUCK and Community Night features
the creation of Advent wreaths. 6:30–
9:30 pm. 1021 Sanchez St. 282-2317.

NOV. 22: The DIABETES FAIR at St.
Luke's Hospital offers screenings and
information. 9:30 am–3 pm. 3555
Cesar Chavez St. Register 641-6826.

NOV. 22: Julie Dodd Tetzlaff leads a
class in leafprint CARDS. 1 pm. Randall
Museum, 199 Museum Way 554-9600.

NOV. 22: Miraloma Cooperative Nurs-
ery School's silent AUCTION and wine
and food fundraiser runs 6–10 pm. Hall
of Flowers, Golden Gate Park. 585-6789.

NOV. 23: Ina Chalis Opera Ensemble
performs music from favorite OPERAS
including *La Traviata*, *La Boheme*, and
The Magic Flute. 4:30 pm. Community
Music Center, 544 Capp St. 647-6015.

NOV. 29: Daniel and Robert D. San
Souci sign their new CHILDREN'S
BOOK, *Two Bear Cubs*. 3 pm. Cover to
Cover, 3910 24th St. 282-8080.

NOV. 30: Community Music Center
hosts a CD release party for *Xinjiang
Time*. 3–9 pm. 544 Capp St. 647-6015.

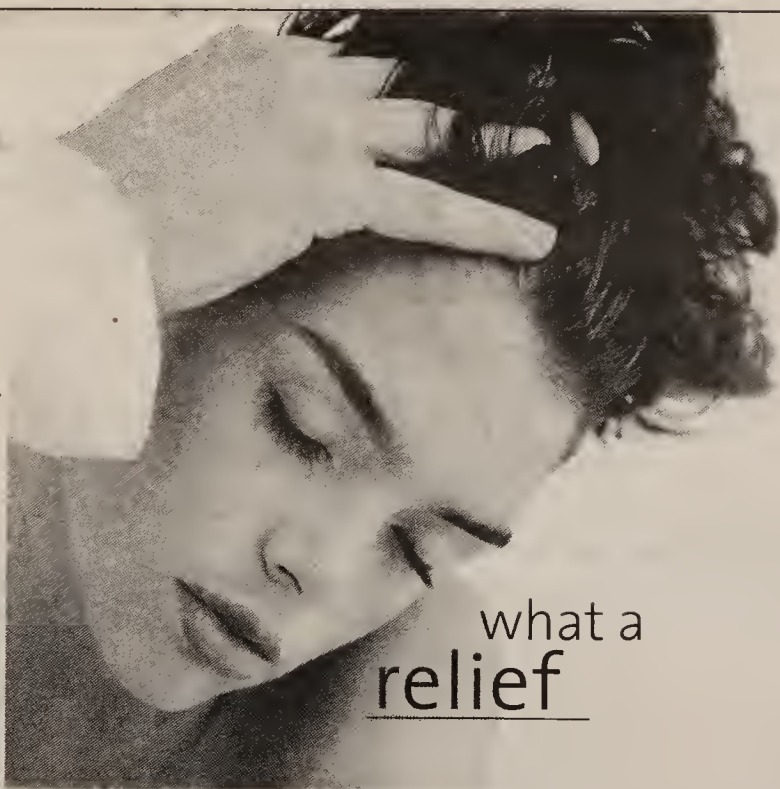
Only 15 Shopping Days

until the *Voice* in-box is full. Yes,
Nov. 15, 1997, is the deadline to
get calendar items in our giant
snowball December 1997/January
1998 issue of the *Noe Valley Voice*.

Please send your notice to the *Noe
Valley Voice*, 1021 Sanchez St.,
San Francisco, CA 94114. Or you
can e-mail us at jaxvoice@aol.com.

The double issue will be distributed
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woods of Noe Valley, starting
Wednesday, Dec. 3.

If you have questions or last-
minute changes, call Calendar
Editor Karol Barske at 285-6347. □



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Members of the Roddick family may have missed sighting the famed monster at Loch Ness in Scotland when they paused to finish reading their copies of the Noe Valley Voice. Left to right are Voice subscribers Rev. H. Norman and Kay Roddick of DeKalb, Ill.; and Nancy Roddick and (the little brother) Robert Roddick of Noe Valley.

Locating Far Off Voices

Doesn't anybody stay in one place anymore? Restless Noe natives seem to regard travel as necessary. But most like to carry a part of hometown with them: a well-thumbed copy of the Noe Valley Voice.



Michele Green traveled to Barcelona, Spain, for the month of July to study Spanish. Here she befriends a colorful sculpture while enjoying the architecture of Antonio Gaudi at Parc Güell.



Even the pastoral beauty of France's Dordogne River valley can't distract Bayside California resident Jill Dedini from her perusal of the Voice.

More Readers News on Page 31

✱ **JINGLE BLUES?** ✱

'Tis the season often filled with loneliness, depression, family difficulties, year-end regrets... and resolutions to make changes.

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As long as we're rethinking this big government thing, do we really need all those stop signs?

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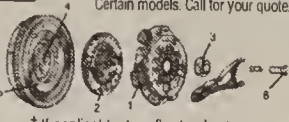
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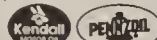
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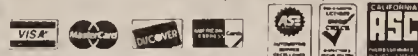
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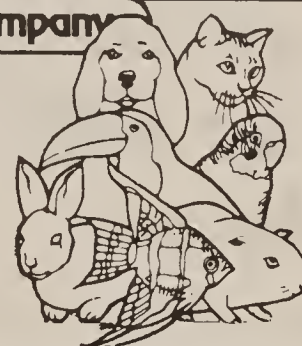
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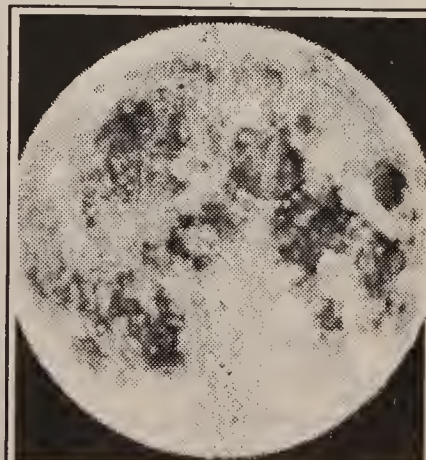
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<http://www.noevalleyvoice.com>



This photo of members of the East & West of Castro Street Improvement Club reading the September issue of the *Voice* was sent in by 26th Street resident Lorraine Sherrill.



Carolyn Faget can't bear to be far from the *Voice*, so she took it along on her trip to Spain this summer. Here she ignores the scenery of Ayamonte while she finishes the "Last Page."

Readers Across the Waves



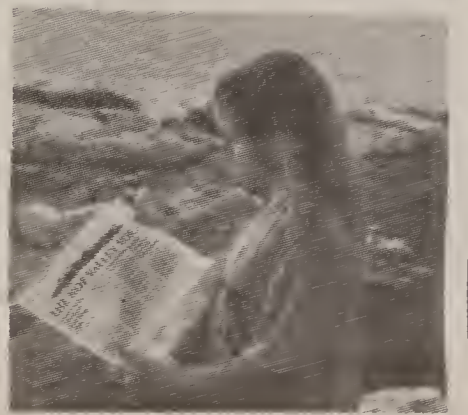
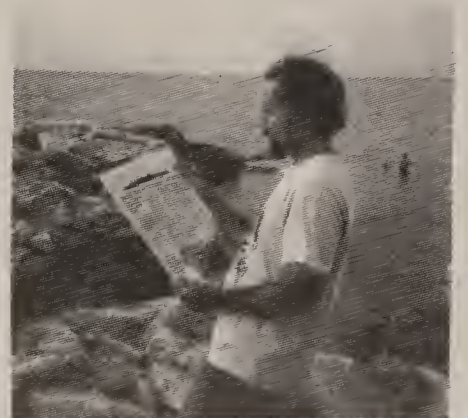
While on a break from his job on an off-shore oil drilling platform in the Caspian Sea, 23rd Street resident Leo Bragnolo wished he was closer to Noe Valley than to Baku, the capital of Azerbaijan.



Lisa Nestler Walker went on safari to Tanzania and Kenya in August. She writes, "This was taken in the Masai Mara in Kenya. We had seen thousands of zebras by then, and while I wasn't bored with them, I didn't mind taking a few minutes out to read my favorite neighborhood newspaper."



Avelino Pombo of 23rd Street enjoyed his summer vacation in Maui, Hawaii. This snapshot shows him near one of the many waterfalls along the Hana Highway.



The Mediterranean island of Malta received a six-month infusion of Dolores Street residents this year. Dr. Anne MacRae was working on a Fulbright Scholarship with occupational therapists, and Nora Hemm (bottom) was there to keep her company. They were joined by brother Malcolm and dad Joseph (top), who brought the news from home.



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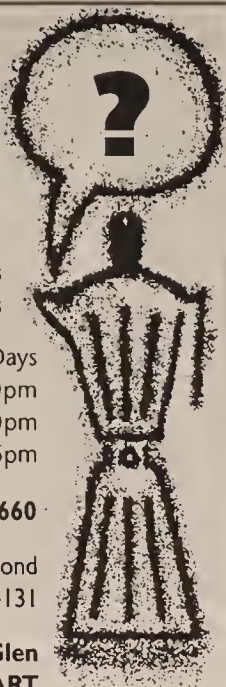
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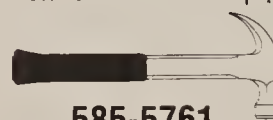
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Photo by Charles Kennard

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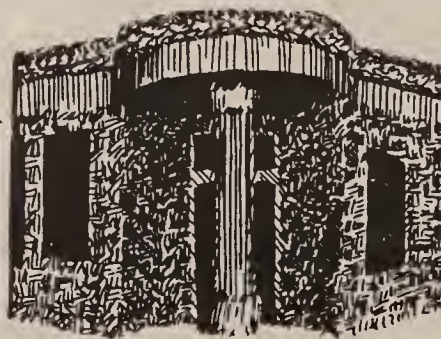
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FLORENCE'S FAMILY ALBUM

Illustrated Reminiscences
by Florence Holub

Totally Noe Valley

For three generations, two families—the Peras and the Duggans—have lived happily in our valley.

For the Peras, it all began when Guido Pera's father, born in Lucca, Italy, was operating an Italian restaurant in North Beach, with his son's help. One evening an attractive young lady, Janet Malcolm (born in Scotland), came to dine at the restaurant with her brother and a few friends. Guido was immediately enchanted by this damsel with the charming Scottish brogue and irrepressible sense of humor. In fact, he was painfully smitten.

Janet and her family returned often to the restaurant, and Guido's heart swelled with each new encounter. Finally, he grew bold enough to ask for her hand in marriage. When she declined, he asked again—every time she walked in the door!

Janet's sister Jean couldn't help but notice the anguish of this tall, dark and handsome gentleman. Jean urged her sister to please "be kind," and seriously consider his proposal. Janet had always thought of herself as kind, she later told me. And besides, she liked Guido, too. So after rejecting her suitor dozens of times, she consented at last. Thanks to Guido's persistence, a wedding date was set. I'm glad to report the marriage proved to be a long, successful union.

The first of Guido and Janet Pera's many homes was located on top of the 21st Street hill in Noe Valley. It was and still is a beautiful little vintage Victorian, where their son Angus was born and grew up. But before long, they found it a trifle small for the three of them, especially when Janet's relatives—her mother, two sisters, brother, niece, and a cousin from Hong Kong—came to visit. Janet also loved to entertain on a large scale, and saw herself doing so in the house of her dreams—a large Mediterranean manor that stood just below the crest of the hill.

One afternoon when 12-year-old Angus was on his way up the hill from school, he spotted a "For Sale" sign on the manor. Breathlessly he rushed home to inform his mother, who immediately dashed down the hill to talk to the owner, who had just become a widow.

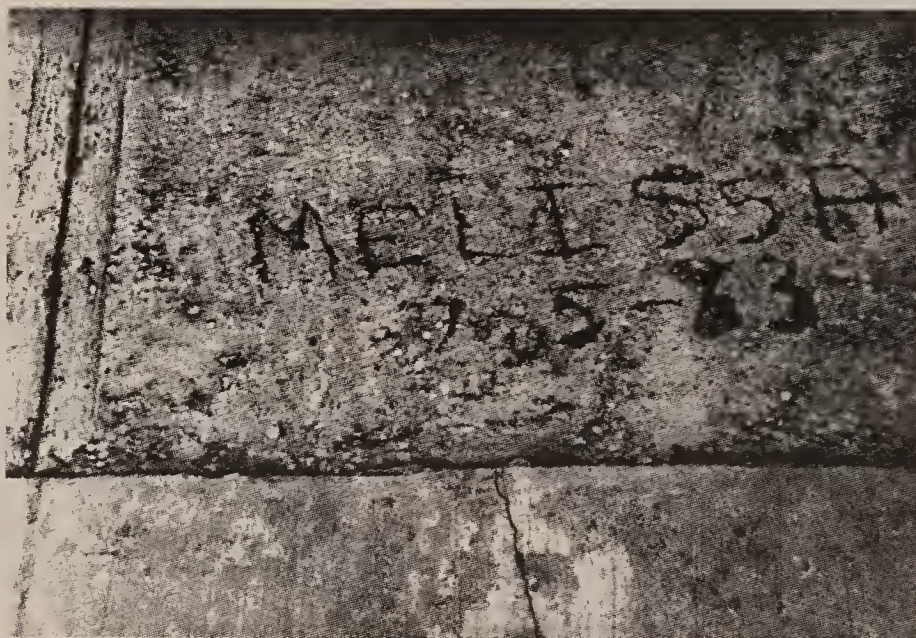
Always a superb saleslady, Janet persuaded the owner to look no further for a buyer. The Peras purchased the house, remodeled it, and were living graciously in it when we moved into the brown-shingled house across the street in 1955. They became our friends, and we found



them to be the best of neighbors—generous and helpful.

Janet was especially kind to animals and always had a houseful of them. Every morning she would take them for a walk down the hill to a large empty lot at the corner of Church and 21st streets. This event became the highlight of the day for our toddler, Eric, who each morning rushed to the front window to sit and stare at the animal parade.

to be a handsome hunk like his father. He had also graduated from high school and was preparing to register for military service, like all young men of his generation. However, he chose not to be drafted as a foot soldier in the regular Army. Instead, he enlisted as a paratrooper and was shipped off to North Carolina for basic training. The training was rough, but Angus passed with flying colors. He then sent for Mariann, his



Florence and Leo Holub's neighbor Melissa Duggan etched her name in the sidewalk on Sanchez Street on—you guessed it—July 5, 1983.

Photo by Leo Holub

Walking with Janet were her two dogs—Bozo, a bulldog, and Baby, a cocker spaniel—as well as a neighbor's feisty dog, Tippy, who never missed an excursion. Trailing along behind were Janet's cats, and she always had at least three. As they meandered down the street, Janet doled out treats that she carried in her pocket, which the animals anticipated with much yipping, mewing, and tail wagging. No wonder all animals adored her!

One day when we went shopping together, as we did once a week, Janet saw an animal that had been capturing her attention and sympathy for the past few days. She stopped the car, got out, and grasped the stray dog by its collar. A surprised Guido, who was with us, said, "Janet, you are *not* going to take in yet another animal, are you?" Janet did not answer the question. She simply stated—as she shoved the strong-smelling vagrant into the back seat with me—that it had been raining and the poor beast was wet and hungry.

She took the dog home, fed him, reassuringly bathed him, and named him Happy. In return, he became the most devoted animal in the menagerie.

Meanwhile, son Angus had grown up

adorable girlfriend back home, and they got married soon thereafter.

When he finished his stint in the service, Angus returned to Noe Valley with his bride and their baby son, Vincent. Six years later, the couple purchased their first home, high up on 26th Street, where their second son, Arron, was born.

Over the years they were a great comfort and help to their parents, who were suffering the ailments of aging. When Guido and then Janet died, Angus and Mariann decided to move into the large family home with their two sons, three cats, and an aging Weimaraner named Cecil.

Again, my man Leo and I were (and are) blessed with friendly, helpful neighbors by the name of Pera!

For the past 10 years, Arron Pera has gone steady with Melissa Duggan, a pretty green-eyed blond he met in kindergarten.

Like the Peras, the Duggan family

has lived in Noe Valley for three generations. Fifty years ago, Melissa's grandparents came from Ireland and settled in the Mission. They lived in several locations in Noe Valley before ending up in a house near the corner of Alvarado and Sanchez streets. Three children grew up in that house, and Tom, Melissa's father, was the youngest.

When Tom was a strapping young man, he happened to see a photograph of a blond beauty named Claudia in the Polytechnic High School yearbook. He couldn't get the photo out of his mind. So with the help of a friend, he finagled a date. Tom and Claudia got along so well that eight years later they were married at St. James Church on Guerrero Street.

The Duggans' home for 30 years has been a handsome post-Victorian house on Sanchez a few doors below Hill Street. It was here they raised two daughters—Heather, who is married and lives in Utah, and Melissa, who this past year became engaged to our neighbor, Arron Pera.

On July 5, Melissa and Arron took their nuptial vows in an elegantly appointed formal wedding at St. Philip's Church on Diamond and 24th streets (where they both went to school).

Waiting at the curb after the ceremony were two fine antique cars, a black 1931 Ford coupe and a red 1936 two-door Ford, which had been carefully restored by Tom Duggan, father of the bride. These elegant vehicles carried the bridal party across town to the reception, to the delight and cheers of pedestrians along the way.

At the lavish reception, held in the banquet room of the Maritime Museum at Aquatic Park, the best man, Robert Moser, summed up Arron and Melissa's love story charmingly:

"I have been friends with Arron since kindergarten at St. Philip's Grammar School," he said, "and we shared many great times. I remember wreaking havoc in Douglass Park after school, and in the summer riding bikes all over Noe Valley, and of course swapping cop stories [both are on the San Francisco police force]. I also recall second grade, when Arron started chasing this cute little blond-haired, pigtailed girl around the schoolyard. After about 10 years of pigtail-pulling, he realized he was getting nowhere. So he finally asked her out, and now, after dating her for 10 years, he has finally had the good sense to marry Melissa. Knowing Melissa myself, I realize that Arron is marrying an intelligent, kind woman, who looks radiant today."

After returning from their honeymoon in Portugal, this couple—third-generation San Franciscans—made their home among the palm trees on Dolores Street, in Noe Valley, of course! □

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Don't Forget to Exhale: Actor Woody Harrelson helped elevate the grand opening of Frankel Bros. Hemp Outfitters, a new hemp clothing store on 24th near Church, by giving a breathing and yoga demonstration in late June.

Photo by Nojib Joe Hokim



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Children's Book Author Revives an Old Miwok Legend

By Maire Farrington

Acclaimed children's book author Robert D. San Souci has had a lifelong interest in Native American culture and tradition. So it comes as no surprise that his latest book, *Two Bear Cubs*, features the retelling of an authentic Miwok Indian legend. The story reveals how a rock grew to be one of Yosemite's most famous natural wonders, El Capitan.

"One of the things that was especially fun about *Two Bear Cubs* is that it's a Native American story from California," San Souci says, noting that his previous Indian tales have been set in Montana, Alaska, and Northern Canada. "It was an opportunity for an in-depth look at the history, culture, and folk life of the Southern Sierra Miwok. And it's set in Yosemite, which is a place that, as kids, we would often visit with the family."

Born in the Richmond District and raised in Berkeley, San Souci now works from his home office "just over the hill in Eureka Valley." He can be found out and about in Noe Valley several days a week. "I like to do my shopping and book buying on 24th Street," he says.

At 3 p.m. on Saturday, Nov. 29, he'll be hanging out at Cover to Cover bookstore, signing copies of *Two Bear Cubs* and discussing the scores of children's books he's written over the years.

Joining him will be the book's illustrator, brother Daniel San Souci, who is a star in his own right, having illuminated some 40 children's books. Daniel — whose brilliantly colored, dramatic style of painting was influenced by N.C. Wyeth — lives with his wife and three children in the Oakland Hills.

The brothers' collaborative efforts go all the way back to when Robert, now 51, was in second grade and wrote his first "book," a story of rabbits celebrating Christmas. Daniel, a mere kindergartner at the time, illustrated the text, which Robert had laboriously copied onto

folded paper and stapled together.

"For reasons that to this day he has never been able to adequately explain, Dan drew animated carrots in cowboy boots, holding pistols," his older brother recalls. "I said, 'It's a Christmas story. Why do you have cowboys — especially cowboys that are carrots?'" Daniel eventually solved the problem by adding little Santa Claus beards to the characters.

In 1976, the Brothers San Souci sold their first book, the award-winning *Legend of Scarface*, a Blackfoot Indian tale. "It really has worked out extremely well," Robert San Souci says. "I don't always get to work with Dan. Very often I'm working with artists in New York, and we don't have that personal connection. Dan does seem to really get a strong sense of how I'm envisioning the characters and the setting, even though I have absolutely no ability to even sketch things out. We have an easy sort of give-and-take, and we get along well. It's pretty cool."

Their shared extra-sensory perception may well have developed during childhood, when, says San Souci, "I would listen carefully to stories that were read to me, then retell them to my younger sister and brothers. But I would add a new twist or leave out parts I didn't find interesting."

As a student at St. Mary's College, San Souci took a variety of classes in creative writing and world literature, earning a bachelor's degree in English. In graduate school, he focused on folklore, mythology, and world religions.

Many of the ideas in his books stem from those studies. But San Souci also finds inspiration in daily life. "I love to travel by bus," he says. "I can sit and stare out the window and simply observe."

African-American and European storytelling traditions also feature highly in San Souci's work—from "the ogres in the Grimm Brothers' woods to ghost legends." In addition, he says, "I discovered

Jungian mythology, and from there went back to look at the archetypes and patterns in the stories. With my interest in psychology, combined with my love of storytelling—I discovered I could work in this field and make a living at it."

To date, San Souci has sold 64 books, many translated into other languages. And he has won numerous awards, from Caldecott and Coretta Scott King honor book awards to the prestigious Aesop Prize, for *Cut from the Same Cloth*, illustrated by Brian Pinkney.

Between book signings, San Souci likes to attend events that support libraries and literacy. "There's a huge program that started in San Francisco called Rolling Readers," he says. "They bring dozens of authors into San Francisco—into schools, libraries, and bookstores—to do readings and to encourage children to read."

Visits to more than 1,000 schools have landed San Souci in 41 states in the past 20 years. "It gives you such a blast of energy to be around the kids," he enthuses.

He also leads workshops for teachers on how to use children's literature, especially folk tales, in conjunction with history lessons and multicultural studies.

When not on the road, San Souci, who is single (but an enthusiastic uncle nine times over), devotes a couple of hours a day to writing, and even more to research. "Part of the fun is working with these wonderful old stories and blowing the dust off them—reshaping and retelling them but trying to keep the core element," he says. "The fairy tales have that mythic subtext, so children enjoy the story, but there's that extra depth that adults and teachers will pick up on."

Proceeds from *Two Bear Cubs*, published by the nonprofit Yosemite Association, will benefit Yosemite National Park. "They're tremendously supportive," San Souci says, noting that the park's research facility has helped ensure that



Eureka Valley resident Robert D. San Souci has written more than 60 children's books. Many, like *Two Bear Cubs*, were illustrated by his brother, Daniel San Souci. They'll both attend a signing at Cover to Cover Nov. 29.

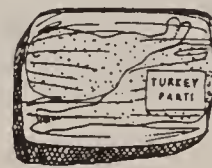
Photo by Charles Kennard

everything in the book—from the basket patterns the animal characters weave to the berries they pick—is authentic.

"If you read the story carefully, you'll realize that 8 out of 10 of the characters are female. That's because women did the basket weaving, and women did a lot of the gathering and foraging and fishing."

The adventure begins with Mother Grizzly Bear checking her fish traps along the Merced River and discovering that her two playful bear cubs have disappeared.

Robert and his brother Daniel San Souci will gladly tell the rest of the story Nov. 29 at Cover to Cover, 3910 24th St. □



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D.A. Flies by Noe's Nest: Terence Hallinan made a surprise (friendly) visit to the September meeting of the Noe Valley Merchants and Professionals Association at Noe's Nest. The early morning get-together was especially well attended, perhaps because brunch came courtesy of bed-and-breakfast proprietor Sheila Ash.



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The kids who attend Upper Noe Rec Center's "Art Adventure" program will graduate from Halloween balloons to clothespin reindeer this month. *Photo by Joe Hokim*

Kids' Picks

Do-It-Yourself Fun for the Holidays

By Michele Lynn

Has your pint-sized Picasso or Georgia O'Keeffe gone through all the paper in the house? Perhaps he or she would like to dabble in some arts and crafts workshops sprinkled around the neighborhood.

At **Art Adventure**, Upper Noe Recreation Center's weekly arts and crafts program, November projects will focus on Christmas and Chanukah decorations, such as clothespin reindeer and house and window ornamentation. This free program, available to kids 5 and up, takes place from 1:30 to 3:30 p.m. every Saturday at the Rec Center, located at Day Street Park, Day and Sanchez streets. For more information, call Recreation Director Chris Borg at 695-5011.

Over at Douglass Playground, at Douglass and 26th streets, Recreation Director Steve Bell will be helping little hands fashion a variety of holiday decorations during the **Tiny Tots and Toddlers** drop-in program. In addition to crafts, kids enjoy hiking, stories, music, and a snack during this program, which happens on Monday, Wednesday, and Friday from 10 a.m. to noon.

Geared for kids 1½ to 4, the program is free, although donations are appreciated. Bell says that making pumpkin pies, cookies, and Thanksgiving turkey cutouts decorated with feathers are some of the treats in store this month. Call him at 695-5017 to find out more.

Terra Mia Ceramic Studio, 4037 24th St., invites kids and adults to come in and decorate pottery to give for holiday gifts. The studio provides the bisque ware—molded ceramic pottery that has already been fired once and is ready to be glazed. This year the shop has an assortment of plates and mugs for children to paint, plus turkey napkin rings, pumpkin figurines, menorahs, and Christmas tree ornaments.

"Kids from 4 up are usually able to work on their own," says manager Kim Keser, "although we have younger children here whose parents put their kids' hand or foot-prints on gifts for relatives." While Terra Mia does not offer classes, store employees are available to give tips and advice.

The studio is open Monday through Saturday, from 10 a.m. to 9 p.m., and on Sunday from 11 a.m. until 6 p.m. No appointment is necessary. Prices range from \$1 to \$30, depending upon the size and complexity of the piece. In addition to the cost of the pottery, adults pay \$7 per hour (children under 10: \$5 per hour) to use the studio. This fee includes glazes, brushes, decorative materials, and firing of the finished piece. Call Terra Mia at 642-9911 for further details.

The Randall Museum, a children's museum that highlights the arts, sciences, and natural environment, offers intergenerational art classes as part of its "Saturdays Are Special" program at 1 p.m. On Nov. 8, you can learn African cloth painting, and on Nov. 22, the family can create unique holiday cards at a leaf-printing workshop.

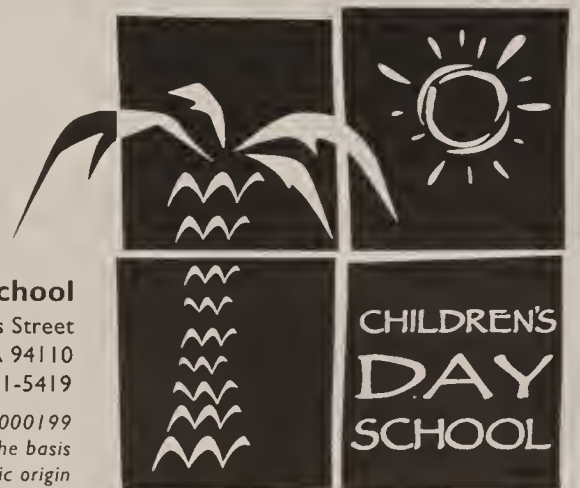
All ages are welcome, but kids under 8 must be accompanied by an adult. Sliding-scale fees range from \$4 to \$10, and sign-ups for each class begin at 12:30 p.m. For more information, call Julie Dodd Tetzlaff, art program director, at 554-9600. The Randall Museum (which also has a petting zoo, by the way) is located at 199 Museum Way in Corona Heights Park. To get there, take Castro to 14th Street. Then go left on 14th, and turn left on Roosevelt Way and follow the signs. Or hop the 37-Corbett bus—or the 24-Divisadero, if you enjoy a short hike. Have fun! □

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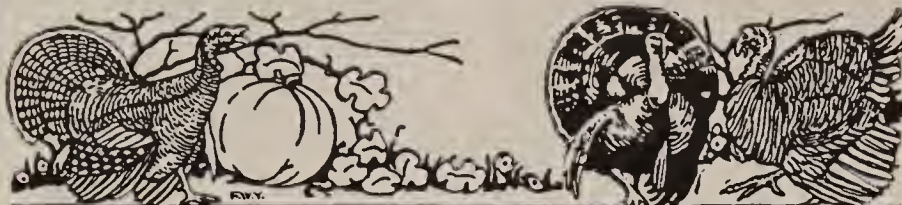
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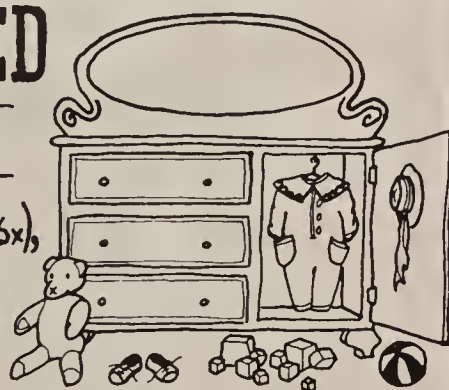
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MORE MOUTHS TO FEED

By Maire Farrington

Nicholas Stewart Gross-Whitaker

If you happened to cross paths with Superbaby on Halloween (yes, in a bright blue leotard and accompanying red cape), there's a good chance that baby of steel was Nicholas Stewart Gross-Whitaker.

According to Mom and Dad—Sandra Gross and Eric Whitaker—the costume fits Nicholas to a tee. At 4 months, he weighs 17 pounds and is extra-strong and healthy. He's even doing sit-ups—pulling up into a sitting position—with just a little aid from his parents.

Nicholas got a good head start: He was born June 29, 1997, at UCSF Medical Center, weighing 8 pounds, 5 ounces.

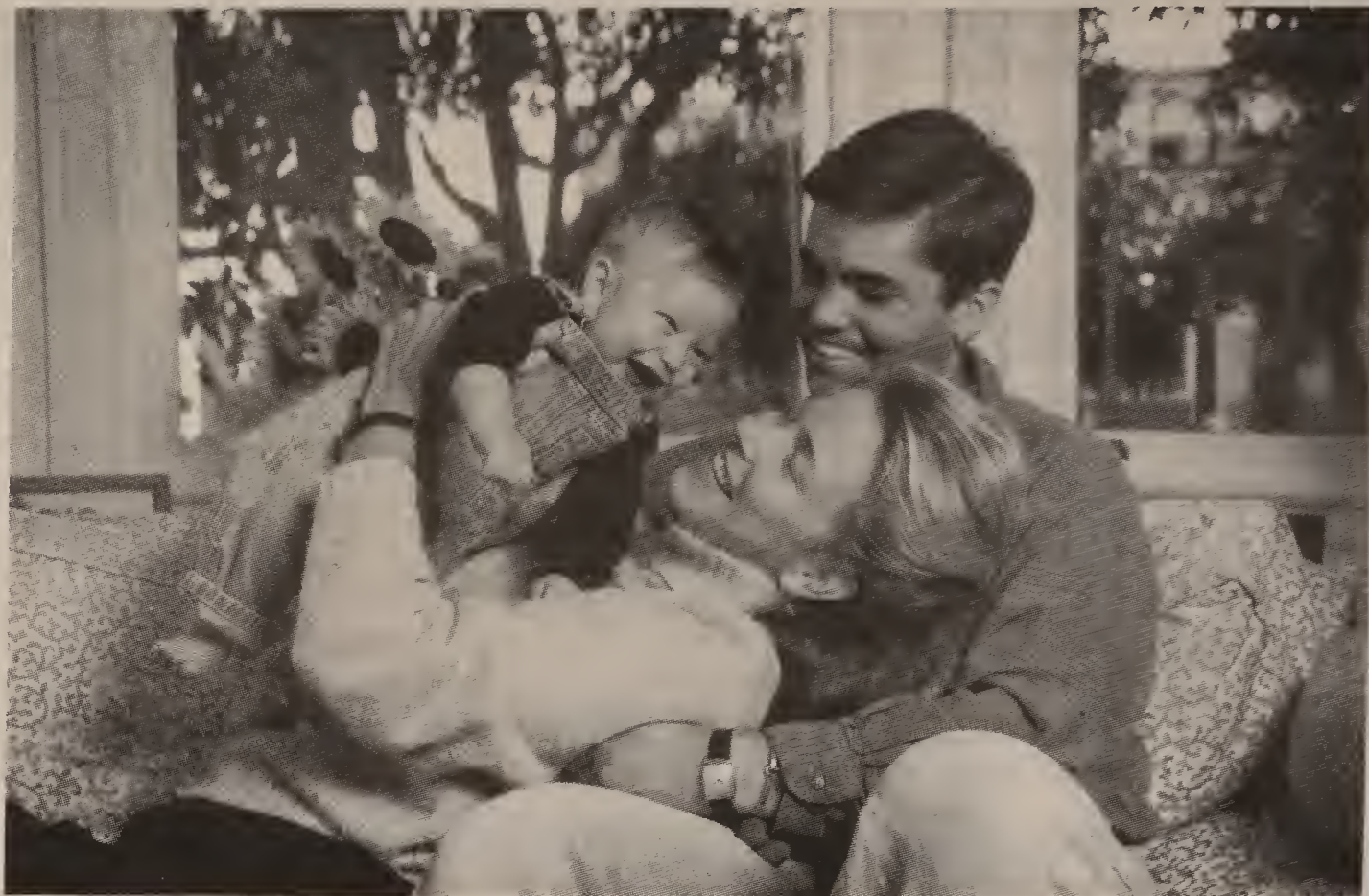
In the delivery room, Noe Valley resident and friend Ingrid Happoldt served as the unofficial "doulah" (birth assistant) until the wonder boy arrived at 10 p.m. Then Sandra and Eric, both 31, pulled an all-nighter to come up with a moniker for their special guy. "I have only sisters and so does Eric, so we couldn't really conceive of having anything but a girl," explains Sandra. They had selected five girls' names—but none for a boy!

Luckily, they'd brought the name book to the hospital. "At 2 in the morning, we literally started with the A's: 'Is he an Abraham?'" recounts Eric. By 6 a.m. they'd agreed upon Nicholas and were finally able to get some shuteye.

Eric's middle name is also Stewart, after his grandmother, Dorothy Stewart Whitaker, who was "pretty excited about us making her a great-grandmother," says Eric. Dorothy calls Nicholas her "Little Stewart."

Sandra, meanwhile, favors Cole—a British nickname for Nicholas. Friend and upstairs neighbor 17-month-old Asher Guthertz calls him "Nix."

Asher and his mom, Jennifer, were among the first to visit Nicholas, arriving with breakfast from Martha & Brothers Coffee the morning following his birth.



Four-month-old Nicholas likes to fly like a bird and entertain his parents, Sandra Gross and Eric Whitaker.

Photo by Beverly Thorp

Martha's owner Ivonne Guerrero, familiar with Sandra's predilection for Smart Muffins, sent along an assortment of goodies for the new parents, along with her congratulations.

Nicholas and Asher attended the Giants' playoffs together, to which Nicholas wore the baby-sized Giants' baseball cap passed on to him by pal Asher. Every other Saturday, the two families trade off babysitting, "so one of us gets a date," says Eric.

Sandra and Eric met, courtesy of a mutual friend, in 1988 while living and working in Washington, D.C. Wedding bells rang in 1994, soon after they'd moved to the Bay Area. They settled into their home on 28th Street the following year.

Eric took a month's paid parental leave from the downtown law firm where he practices, which gave the newly expanded family time to cruise around town in their '62 Buick Skylark convertible, and to take longer jaunts to Napa and Carmel. But Mom and Dad say that Nicholas seems just as content to hang out in his nursery, which is decorated with

paintings sent by his Ohio cousins. There's also a mobile above his crib that plays *Twinkle Twinkle Little Star*.

In the looks department, Nicholas gets his rich brown hair from his dad, although he recently began sporting a bald spot on the left side that he tends to sleep on. His deep-blue eyes resemble Mom's.

Sandra describes her son as a "calm guy" who obligingly takes morning and afternoon naps, allowing her to work from home as a consultant on health policy for UCSF.

But calm doesn't necessarily mean quiet. "Superbaby" has a powerful set of lungs, and uses them daily to practice vowel sounds—his favorite letter being O. "He's also getting into consonants, and he's laughing out loud these days," reports Sandra. Sure to induce peals of laughter is his beloved stuffed dog, Gunderhund. "It's this little Swedish pup, and I make it talk in German to him," she says.

Nicholas has also recently discovered peekaboo. But instead of his mom being the one to hide and "reappear," Nicholas likes to take the initiative. When nestled

in Sandra's lap, he buries his face in the crook of her arm, then pops out to surprise her with a round of giggles.

"It's always fun to come home and play with him at the end of the day and hear him laugh," says Eric. And life as a parent is much "more exciting" than in the pre-Nicholas years.

"When you're in a relationship and you start a family, it's just so amazing," Sandra adds. "What Eric and I have has always been so special. Now having someone to share that with is just great." □

More Mouths to Feed wants to show off *your* newest family member. If you have welcomed a baby into the house or just adopted a teenager, please send your announcement to the *Noe Valley Voice*, More Mouths, 1021 Sanchez St., San Francisco, CA 94114. Don't forget to include your phone number, so we can arrange for the family portrait—no charge.

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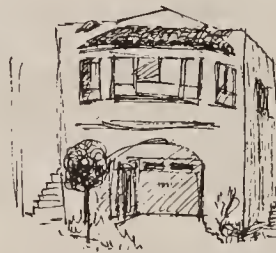
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The Noe Valley Voice devotes several pages of each issue to creative writing. The Last Page is reserved for short fiction, creative non-fiction, and poetry. Bylines is a column dedicated to first-person pieces on topics of local interest. Payment is upon publication.

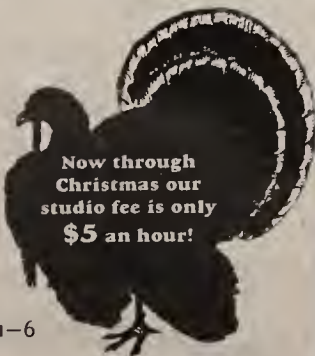
Manuscripts should be typed, double-spaced, and fewer than 1,500 words for the Last Page; 800 for Bylines. The address is Noe Valley Voice, 1021 Sanchez St., San Francisco, CA 94114. Don't forget to enclose a SASE. And please include a phone number.

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MORE BOOKS to READ

Your Monthly Syllabus

Here is a list of new books selected by head librarian Roberta Greifer and children's librarian Carol Small of the Noe Valley-Sally Brunn Library. The library is tucked among the Victorians in the block of Jersey between Castro and Diamond streets. In addition to books—including special women's and children's collections—the branch has videos, CDs, Internet access, a deck and garden, and an archives and index to the *Noe Valley Voice*. Hours are Tuesdays, 10 a.m. to 9 p.m.; Wednesdays, 1 to 9 p.m.; Thursdays, 10 a.m. to 6 p.m.; Fridays, 1 to 6 p.m.; and Saturdays, noon to 6 p.m. Questions? Call 695-5095.

Adult Nonfiction

◆ In *How the Mind Works*, Steven Pinker, author of *The Language Instinct*, uses his expertise in biology and cognitive science to shed light on the development of our mental, emotional, and social lives.

◆ *Notorious*, by bestselling biographer Donald Spoto, narrates the life story of the late actress Ingrid Bergman.

◆ *The World Must Know*, by Michael Berenbaum, presents the history of the German Holocaust through photographs, documents, and personal accounts from the Holocaust Memorial in Washington, D.C.

Adult Fiction

◆ In Deborah Crombie's *Dreaming of the Bones*, when a feminist biographer probes into the death of a respected poet, she discovers a murder, not a suicide.

◆ Set on a mystical Scottish golf course, *The Kingdom of Shiva*, by Esalen Institute cofounder Michael Murphy, continues the exploration of the human potential for growth he began in his 1972 book *Golf in the Kingdom*.

◆ In *The Magician's Tale*, by local writer David Hunt, a color-blind photographer roams the back alleys and bars of San Francisco in search of a brutal killer.

◆ Based in part on a newspaper account of a murder, *Perfidia*, by Judith Rossner, explores a toxic mother/daughter relationship with humor, suspense, and compassion.

Children's Nonfiction

◆ Once again, the energetic Ms. Frizzle takes her class on an unforgettable field trip in *The Magic School Bus Inside a Beehive*, by Joanna Cole. *Ages 5 and up.*

Children's Fiction

◆ Two furry friends, one a little braver than the other, enjoy an outing together in *Follow the Leader*, by Miela Ford. *Ages 2 to 4.*

◆ In *Tell Me Again About the Night I Was Born*, by Jamie Lee Curtis, a young child delights in her loving adoptive parents as they describe the night they first welcomed her into their family. *Ages 5 to 7.*

◆ Yorick and his brother Charles see each other with new eyes after Yorick is returned to his normal size in *The Toy Brother*, by William Steig. *Ages 5 and up.*

◆ Mama Marina, known as a conjure woman, uses her ingenuity to bring about her daughter's release from slavery in *Freedom's Fruit*, by William H. Hooks. *Ages 6 to 9.*

◆ The deeds of an innocent child and two greedy men have far-reaching effects in *The Golden Flower: A Taino Myth from Puerto Rico*, by Nina Jaffe. *Ages 6 to 9.*

◆ Two boys, one Orthodox Jewish and the other Amish, are both enriched by the time they spend together in *Gideon's People*, by Carolyn Meyer. *Ages 10 and up.*

◆ Twelve-year-old River copes with her Human Interaction (in other words, sex education) class and tries to figure out who in her family is pregnant in *Expecting the Unexpected*, by Mavis Jukes. *Ages 10 and up.*

Movies, Stories, and Lapsits

◆ The library will show *films* for children ages 3 to 5 on Tuesday, Nov. 18, at 10 and 11 a.m. Movies include "It's Snow," "Little Blue, Little Yellow," and "Mole and the Flying Carpet."

◆ *Preschool story time* for kids 3 to 5 is 10 a.m. on Tuesdays, Nov. 4 and 25.

◆ Babies and toddlers are invited for songs and stories at the Wednesday-evening *lapsits*, Nov. 5, 12, and 19, at 7 p.m.

BraveArt for Kids

Children 6 and older are invited to drop by the library Nov. 18 at 4 p.m. for "BraveArt"—a program that features a discussion about illustrators and a hands-on art project.

All events take place at the Noe Valley-Sally Brunn Library, 451 Jersey St.

Writing Circles for Women

Want to write but find it difficult to get started or keep going? Already writing but need a group for feedback? I have been teaching writing workshops for six years and provide friendly, supportive classes to give you a structure in which to write more and a community where you can share your writing. You'll learn writing exercises that get you going, give you new ideas and stimulate your creativity. All types of writing and all levels of experience are welcome.

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J. Otto Seibold and Vivian Walsh, creators of the inimitable Mr. Lunch and his minions, will sign their new book, *Olive the Other Reindeer* on Saturday, Nov. 8 at 3 PM.

Daniel and Robert D. San Souci will sign their new children's book, *Two Bear Cubs* on Saturday, Nov. 29 at 3 PM.

Rosemary Wells and Susan Jeffers will sign their new book, *McDuff and the Baby* on Saturday, Dec. 6 at 3 PM.

Philip Pullman, author of *The Golden Compass*, will sign his new book, *The Subtle Knife* on Sunday, Nov. 16 at 4 PM.

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Amnesty International Group 80

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Meetings: First Thursday of month, Noe
Valley Ministry, 1021 Sanchez St., 7:30 p.m.

Castro Area Planning + Action

Linton Stables, 541-0344, ext. 230
E-mail: capa@home4us.org
Meetings: Second Thursday of month,
Eureka Valley Recreation Center,
100 Collingwood St., 7:30 p.m.

Diamond Heights Community Association

Contact: Robert Dockendorff, 826-3867
Mailing Address: P.O. Box 31529,
San Francisco, CA 94131
Meetings: First Thursday of the month,
7:30 p.m. Call for location.

Dolores Heights Improvement Club

Contact: Amy Powell, 647-4228
Mailing Address: 3732 21st St.,
San Francisco, CA 94114
Meetings: Bimonthly; membership meetings
semi-annually. Call for details.

Duncan Newburg Association (DNA)

Contact: Evelyn Martin, 826-6734,
Keith Eickman, 282-8988,
Dennis Downing, 647-0937, or
Deanna Mooney, 821-4045
Mailing Address: 560 Duncan St.,
San Francisco, CA 94131
Meetings: Held periodically. Call for details.

East & West of Castro Street Improvement Club

Contact: Paul Kantus, 647-3753
Mailing Address: 492 Douglass St.,
San Francisco, CA 94114
Meetings: First Wednesday of month, Noe
Valley Library, 451 Jersey St., 7:30 p.m.

Eureka Valley Promotion Association

Contact: Lion Barnett, 255-3428
Mailing Address: P.O. Box 14137,
San Francisco, CA 94114
Meetings: Third Thursday (except July,
August, and December), Eureka Valley
Rec Center, 100 Collingwood St., 7 p.m.

Fair Oaks Neighbors

Contact: Paul Nixon, 647-5183
Mailing Address: 163 Fair Oaks St.,
San Francisco, CA 94110
Meetings: Call for details.

Fairmount Neighborhood Association

Contact: Susan Nutter, 285-8484
Mailing Address: 78 Harper St.,
San Francisco, CA 94131
Meetings: Held periodically at Upper Noe
Rec Center, Day & Sanchez, 7 p.m.

Friends of Noe Valley

Contact: Cecile Lozano, 695-9502
Mailing Address: 327 Jersey St.,
San Francisco, CA 94114
Meetings: Second Thursday of month,
Noe Valley Library, 451 Jersey St., 7:45 p.m.

La Leche League of San Francisco

Contact: Susan Condon, 282-7816
Mailing Address: P.O. Box 460566,
San Francisco, CA 94146-0566
Meetings: Third Thursday of month, Upper
Noe Rec Center, Day & Sanchez, 12:15 p.m.

Liberty Hill Neighborhood Association

Contact: Barbara Russell, v.p., 285-4782;
John Barbey, pres., 695-0990;
Mailing Address: 3288 21st St., Box 44,
San Francisco, CA 94110
Meetings: At least quarterly. Call for details.

Noe Valley Democratic Club

Contact: Dave Monks, 821-4087
Mailing Address: 1652 Dolores St. #6,
San Francisco, CA 94110
Meetings: Second Wednesday of month, Noe
Valley Ministry, 1021 Sanchez St., 7:30 p.m.

Noe Valley Merchants and Professionals Association

Contact: Robert Roddick, pres., 641-8692
Mailing Address: Robert T. Roddick, Noe
Valley Law Offices, P.O. Box 460574,
San Francisco, CA 94114-6003
Meetings: Last Wednesday of month, Bank
of America, 24th & Castro, 9 a.m.

Noe Valley Senior Center

Call 648-1030 for lunch reservations.
Mailing Address: 1021 Sanchez St.,
San Francisco, CA 94114
Meetings: Lunch, Mon. - Fri. (donation
\$1.50), 12:30 p.m. Discussion, arts and
crafts, Wed. & Fri, 10:30 a.m.
Noe Valley Ministry, 1021 San-chez St.

Outer Noe Valley Merchants

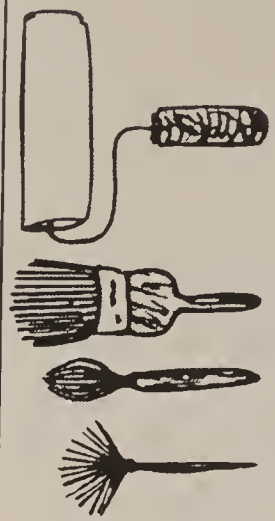
Contact: Jim Appenrodt, 641-1500
Mailing Address: 294 29th St.,
San Francisco, CA 94131
Meetings: First Monday of month,
St. Paul's Church cafeteria, 3 p.m.

Upper Noe Neighbors

Contact: Janice Gendreau, 641-5989
Mailing Address: 403 28th St.,
San Francisco, CA 94131
Meetings: Every other month, Upper Noe
Rec Center, Day & Sanchez. Call for specifics.



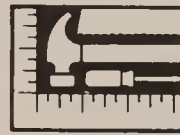
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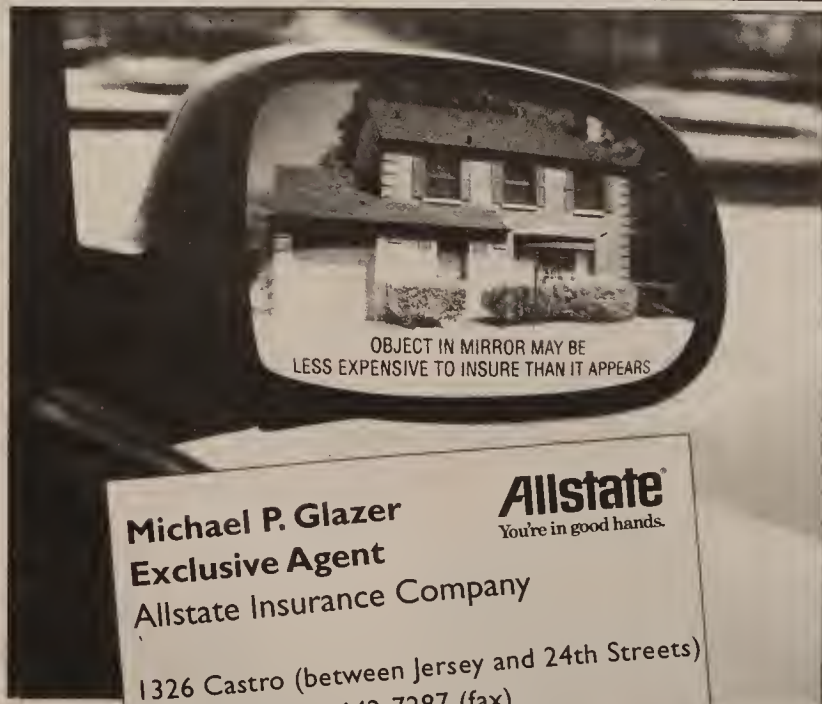
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Prenatal Yoga. Yoga stretches, breathing practices, and deep relaxation can assist you in maintaining an easeful, peaceful, and joyful pregnancy. Come prepared to do stretches. Six Wednesdays beginning Nov. 14. Please register in advance. Call (415) 821-1117. 6 to 7:30 p.m., \$42. Integral Yoga Institute, 770 Dolores St.

Housecleaner. Available (mornings) 8 to 11 a.m., some Saturdays. Experienced. Apartments, offices, houses. Charge by job. Client supplies. Call Tania, at (415) 755-2850.

It's Hard to Parent Your Aging Parents. Don't go it alone. Let my experience and expertise help you clarify the issues, develop a realistic care plan, and ease the stress. How do you determine what you can/cannot do for your elderly parent or spouse? What kind of "help" is really helpful? How do you recognize and cope with depression in the elderly? What are the community resources available to your loved ones and to you (social, legal, in-home, residential)? I also assist in resolving hurtful family conflicts sparked by the challenges of caregiving. Call Michael Immerman, L.C.S.W., (650) 573-5780. Offices in Noe Valley and San Mateo.

Therapeutic Massage with experienced C.M.T. Duncan Reid. \$55 / 1 1/2 hours or \$40/one hour. Outcalls available. Easy parking. 821-3969.

Cleaning Service. Houses, studios, apartments. Reliable, careful, experienced, references. Call Denise, 257-6362.

Deep Relaxation Workshop. Learn how to use deep relaxation in creative ways to release physical and mental tension, patterns of stress, as well as conserve energy in your daily life. This workshop will include an extended deep relaxation, visualization, breathing practices, and a short meditation. Monday, Nov. 17, 7:30 to 9 p.m. \$7. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

Writer's Group — Days. Group forming in San Francisco. All styles, levels welcome. We will read our work, support and learn from each other. Schedule to be decided. CasaSF@aol.com or 647-1574.

Alexander Technique Lessons. House calls: Home/office on-site services with Kathryn Zimmerman. 1-800-283-3455.

Healing with the Chakras. Chakras are energy vortexes, connected by an elaborate system of subtle nerve channels (nadis) in each of us. When the energy is impeded, the chakras are weak and we feel lethargic, anxious, depressed, or even diseased. Breath, meditation, imagery, color, sensory awareness, and yoga poses are methods used to recognize and correct diminishing energy. Taught by Nischala Devi (formerly Swami Nischalananda), who is internationally known as a teacher specializing in the subtle uses of yoga for healing the body and mind. Tuesday, Nov. 18, 6 to 8 p.m. \$10. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

Earn Extra \$\$ Babysitting. Looking for a warm, loving high school student for occasional weeknight or weekend babysitting. Experience and impeccable references a must! Please call Karen, at 282-0995.

Saturday, November 8, 1997: 10 a.m. to 5 p.m. Dominican Guild Christmas Boutique. ICA auditorium, 24th and Guerrero streets, San Francisco. Benefit Dominican Sisters.

Cleaning and Housekeeping. Please call and we can arrange regular once-a-week visits or once every two weeks, a.m. or p.m. I have openings for Tuesday, Wednesday, and Thursday. First three hours minimum visit is \$45, later visits according to mutual agreements or needs. Excellent references. Please call (415) 664-8603 and leave a message, or call evenings after 8 p.m.

Six-Week Hatha Yoga Class. This class will introduce you to basic yoga postures, breathing practices, and deep relaxation techniques. It will allow for personal attention and in-depth instruction. Tuesdays, beginning Nov. 18, 7:30 to 9 p.m. Please register in advance. Call (415) 821-1117. \$42. Integral Yoga Institute, 770 Dolores St.

Move-in/Move-out. Free estimate. Call Denise, 257-6362.

Massage Therapy for Women. Stress reduction and relief of neck and back tension. Janine. Licensed, nine years experience. 468-5201.

Creating Life After Divorce. Support group for women dealing with issues around separation or divorce. Linda-Sue Edwards, M.F.C.C. (license #MFC21917). 931-1928.

Babysitter for infants, children, adult invalids. Mature Noe Valley resident. I love kids. Reasonable rates. 550-7420.

One-Day Retreat. Treat yourself to a day of quiet, revitalizing the body and bringing mental and spiritual renewal. The day will include hatha yoga, meditation, silence, a short talk on yoga, and a vegetarian lunch. For beginning and experienced students. Please register in advance. Call (415) 821-1117. Sunday, Dec. 7, 9 a.m. to 5 p.m. \$42. Integral Yoga Institute, 770 Dolores St.

Imago Relationship Therapy: Individual and couple therapy designed to enhance the tools necessary to have a good relationship and to heal from previous painful experiences. Consultations and brief therapy (12 weeks) available. Ten years-plus experience. Certified Imago therapist, MFC32386. Sliding scale available. Parking available. Call for an appointment. Lynn Dolce, M.F.C.C., (415) 266-9258.

Sunny Mexico! Five-star beautiful Terrasol Condos Beach Resort, Cabo San Lucas. Step from deck to the sand! Two bedrooms, two baths, kitchen, Jacuzzi, pools, Lovers Beach, great fishing, diving. 282-7955.

Stereo Repair: Save time, money! Offering in-home repairs at reasonable rates. Formerly with Pacific Stereo, now serving the San Francisco community for 12 years. Evening/weekend appointments available. Thorough, conscientious, guarantee, references. Gene's Sound Service, 553-3751.

Free Introductory Meditation Class, Tuesdays at 7:30 p.m. Two-hour psychic readings by appointment, \$35. Free Healing Fair Oct. 25 at 2 p.m. Psychic Horizons at 972 Valencia St. (near 21st). (415) 346-7906.

Looking for a 12-Year-Experienced, reliable housecleaner? Stop your search! Call KJ now at (415) 285-3014.

Piano for Children. Classical piano and music theory instruction offered. Patient, experienced Noe Valley teacher. Elva Granat, 285-5769.

Bed and Breakfast in Noe Valley. Experience the Victorian charm of old San Francisco in designer's beautiful, spacious, three-room suite with private entrance. Delicious fare, reasonable rates, two blocks to 24th Street. "A Victorian Legacy." Call Patricia, 648-8879.

Bed and Breakfast in Noe Valley. Parents or friends coming and no room for them? Have them stay in a lovely two-room apartment with private entrance and bathroom, fireplace, kitchen, antique furnishings, private patio. Convenient to 24th Street and J-Church. Oliver House, 695-0700.

Fight the Throwaway Society! Fact: Most non-functioning donations to charitable organizations end up in landfills. Help stop this pollution by selling or donating your unwanted technological objects to Recycled Technology, where they will be repaired and returned to the public. We accept TVs, VCRs, computers, faxes, stereo equipment or anything electronic, vacuum cleaners, power tools, small or large appliances, photographic and video equipment. We invite you to buy our recycled products at significant savings. Trades considered. Call our shop at (415) 282-SHOP (7467).

Pet Care. Does Rover need a pet sitter? Exercise? Training? A ride to the vet? Positively Pets can help! Expert care for all pets. Bonded. References. Senior discounts. 647-2463.

Schlepper Bros. Hauling. Fast, fair, honest, reliable, and yogic (Food Not Bombs activists). Tom, 824-4214.

Furniture Stripped and refinished. Excellent work, e.g., three-drawer dresser with mirror, \$150 with pickup. One-Eyed Jacks: 621-4390.

Dogs Just Wanna Have Fun. Room and board \$7 to \$15/day. Lots of play and love. Many references. Bob, (415) 282-7467.

Cleaninghouse. Home, office, apartment, and apartment building maintenance cleaning. Regular, one-time. Moving in, moving out? Spring cleaning! Roger Miller, 664-0513.

Licensed Painting. Small and large jobs. Interior and exterior. Free consultation and estimate. Also expert plaster and drywall repairs. Cracks and water damage fixed. License 497-214. References. Please call Ed at 995-4666.

Qi Gong: Experience more energy, less stress. Deepen body-mind-spirit integration. Dragon and tiger and opening the energy gates forms. Ongoing classes and workshops. Steven Cardoza, M.S., licensed acupuncturist. 826-9246.

In Search of Counted Cross-Stitch. Looking for counted cross-stitch group, or will start a group. Please call Carolyn, 821-2752.

Meditation Workshop. A practical workshop that will enable you to begin earnest meditation on your own. A clear understanding of what meditation is, how it works, and how to make it an enjoyable daily experience will be presented. Tuesday, Nov. 25, 6 to 7:30 p.m. \$7. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

Upholstery. We repair, rebuild, and recover overstuffed chairs, ottomans, and dining chairs. Also slipcovers and automobile upholstery. Free estimates, reasonable rates. Jorge Meraz-Baca, 282-2256.

Spinning Web Gardening Service. Complete garden maintenance, cleanouts, pruning, consultations, garden design. Call Barbara, 550-6923.

Sunday Services at the Integral Yoga Institute. The Integral Yoga Institute has Sunday services each week from 11 a.m. to 12:30 p.m. We begin with some chanting, then a brief discussion on the spiritual aspects of yoga, a worship service, and conclude with a short meditation. All are welcome. By donation. 770 Dolores St. (415) 821-1117.

Hot Flash!: Midlife Women's Groups in Noe Valley! Meet with women your age (40s to 60s) in ongoing groups, supporting each other through the struggles, challenges, and joys of these years. We are trailblazers and elders in training, redefining what aging means to us. Arlene Dumas, L.C.S.W. 641-4553.

Xmas Holiday Sublet. Relatives visiting for the holidays? Sublet our very special home on Laidley Street between Dec. 10—Jan. 15. Panoramic views of downtown San Francisco and bay, huge private garden, pond, hot tub, designer-finished. Call (415) 647-8216.

Mendocino Weekend Getaway. New, one-bedroom cottage, \$150. Decks, fireplace. Close to village, private. 826-7877.

Acupuncture, Herbal Medicine, therapeutic bodywork, medical qi gong. Enjoy greater health, reduced stress and pain, rejuvenation, and more! Noe Valley and other San Francisco locations. Reasonable rates. Steven Cardoza, M.S., licensed acupuncturist. 826-9246.

Event Specialists. Dancing Ladies Productions can do it all from birthdays to weddings. The more unique to the most outrageous brings more fun for all. 282-2782.

Free Introductory Meditation Class, Tuesdays at 7:30 p.m. Two-hour psychic readings by appointment, \$35. Psychic Horizons at 972 Valencia St. (near 21st). (415) 346-7906.

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Mr. Morgenstern Hauls All, reasonable or free in exchange for goods. What have you? 563-5354 or 560-3637.

Cat & Plant Care is in its 16th year of providing TLC to cats and homes in Noe Valley and environs. If you're looking for a reliable individual with local references, call Anna-Kajs (A-K) for a cat chat, etc. 648-8132.

Relocating? We take the frazzle out of moving. From packing to setup, we handle all the details of your move. Call for a free consultation. ShipShape, 550-0658.

Furniture Wanted. I need old dressers, tables, desks, etc. Will repair and/or refinish if necessary. Paying cash. Karen, 647-6157.

New Lesbian Psychotherapy Group in Noe Valley. Monday evenings. Focusing on intimacy, interpersonal dynamics, self-esteem. Contact Linda Rose, L.C.S.W., for initial interview. (415) 643-3996.

Carpentry, Ceramic Tile, drywall, decks, finish carpentry, hardwood floor refinishing, painting. Reasonable prices, good references, free estimates. Call Brad, 627-4065.

Overwhelmed by Clutter, bills, closets? Professional organizing team to the rescue. We offer expert, simple solutions to what goes where. Desks, closets, relocations, garages, kitchens, filing systems, and more. Free phone consultation. Call ShipShape, 550-0658.

Handyman: Repairs, build household and yard projects. References, reasonable rates. Harry Irving, 986-2654.

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Walkin Waggin Pet and Plant Care by Carla. Located in Noe Valley. Love and attention, walks, play or sitting. Health care, feeding, and hygiene. Services for all animals (fish and horses too). Responsible, mature, fun, and smart. Animal caretaker/owner with 25 years experience. 648-3651.

Expand Your Capacity to resolve life's challenges. Gain authenticity and clarity. Enjoy increased ability to develop gratifying relationships with self and others. Responsive, skillful, compassionate therapy committed to your growth. Ann Davidman, M.F.C.C. (510) 895-3592 (San Francisco office).

Ready Your Garden for Winter: Professional arborist. Trees, shrubs, hedges. Trees, shrubs, hedges. Twenty years experience. Neighborhood resident. Free estimates, reasonable rates. (415) 826-6160; 566-1920.

Considering Psychotherapy? A time of difficulty can become a time of growth—if you reach out and use the help and tools that are available. I'm an experienced, licensed therapist who offers a responsive, down-to-earth counseling approach for individuals and couples of all lifestyles. Both short- and long-term counseling are available at my Noe Valley office. Call Judith Rosen, Ph.D., M.F.C.C. (MFCC #18035) at 285-0262.

Fall Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Hiking, golf, tennis, swimming, boating, and beaches. Twenty minutes to South Shore casinos and shows. Large kitchen, three bedrooms, two baths, steam/sauna room, living room with fireplace. Two decks, garage, all appliances and laundry. Call 282-7955.

Tony the Tile Man. Ceramic. Service since 1979. Free estimates, 725-9165.

Fatherhood — Is It for Me? Are you considering parenting? One-day workshops for men exploring this choice. Call for current schedule. Facilitators: Denise Carlini, M.F.C.C., and Ann Davidman, M.F.C.C. 752-9165.

Yoga in Noe Valley. Classes and private lessons. Also, yoga therapy for whatever ails you! New Dawn Yoga Therapy, (415) 285-1831.

Overwhelmed? Call a Professional Organizer to organize the mess that overwhelms you. Call today! Don't wait for it to go away on its own. (650) 756-1348.

Laundry/Ironing. Excellent references. Call Denise, 257-6362.

Kirtan/Chanting. An evening of responsive chanting enables us to feel our inner peace, joy, and divine presence in our lives. The evening will conclude with a short meditation. Friday, Nov. 14, 7:30 to 9:30 p.m., by donation. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

CLASSES

Need An Extra Bedroom/Bath for visiting relatives or friends? Rent ours. No frills. Low cost. 282-2550.

Living Tai Chi Chuan of Noe Valley. Unique approach for holistic balance. Beginners Tuesday and Thursday, 6 p.m. \$5 introduction. Noe Valley Ministry, 1021 Sanchez. Chris Sequeira, 24 years experience. (415) 756-6857, (415) 773-8185.

Piano Lessons in Noe Valley: Learn piano with patient, supportive teacher. Lessons tailored to individual goals. Music degree and 20 years of teaching experience. Ear training, theory, classical, or popular repertoire, MIDI lab. Barbara Bannett, 648-1007.

Ambitious Janitorial Service! (415) 281-0732.

Just Plain Good Therapy. Brief counseling, crisis help, or in-depth work offered to individuals and couples of "all sexual persuasions" by well-aged, intuitive, perceptive, and highly skilled counselor who has seen, heard, and experienced a broad range of life's challenges. Upper Glen Park, easy parking. Jeanne Adleman, M.A. 585-0666.

New Improved Noe's Nest Bed and Breakfast. Unit A: private entrance, private bath, kitchenette, queen bed. Cute and cozy. Unit B: view, private bath, deck, fireplace, hot tub, queen bed. Unit C: ultra-view, private bath, steam room, parlor, king bed, fireplace, and deck. All with cable and VCR. Masseuse and day care available. Contact Sheila, 821-0751.

Recover Lost Fortunes. Manual shows you how. \$20 billion in lost fortunes goes unclaimed! Free information from local author. Mazel Publishing, P.O. Box 460040, San Francisco, CA 94146-0040.

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Books Bought. I come to you. Call L.J., 469-9338 (46-year San Francisco resident).

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Telephone wiring and jacks for your home or apartment; 31 years of experience. Call Gene, 826-8419.

Rental Short-Term: Noe Valley view location; two guest suites with furnished living/bedroom areas, private baths, private phone lines, private entrances; shared kitchen/laundry; ideal for visiting family/friends, business travelers; weekly, monthly rates. 285-7189.

Vacation Room Rental: Upper Noe Valley—safe, clean, private, comfortable. Ideal for visiting family. 821-4890.

Gourmet Vegetarian Cuisine delivered to your doorstep. Diverse menus, naturally low in fat, cholesterol, and salt. Treat yourself right! Gift certificates available. For a monthly menu call Jane, 826-2133.

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Pet and Plant Sitter. Let me take loving care of all your pets and plants while you're away. Reasonable and reliable. Noe Valley resident. 550-7420.

North African Woman, Licensed Beautician in Paris, France, will come to your home. Egyptian waxing, also housecleaning, babysitting. References. Call Samia, at 647-6087.

Pet Walks, Sitting. Noe Valley resident will be home for the holidays. Reasonable rates, local references. Dog walks, sweet cat talks, plant care, mail, etc. Terry, 821-9234.

Why Clean? Allow Me to Do It! Save time and money with a detail-oriented professional. Cleaning extraordinaire at your service. Mike, 928-3199.

Bed and Breakfast, quaint garden suite, spacious, front room, full kitchen, big bedroom and office area, laundry room, modern bathroom, ornamental gas fireplace, arched window view of garden with flowers, ground level, separate entrance, quiet, near 26th and Sanchez, close to shopping and transportation, privacy. Additional rooms available. Call (415) 206-0202.

Non-Toxic Housecleaning. It's healthy, effective, and affordable. I'm thorough, reliable, and honest. Local references. Russell, 431-4975.

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Liz's Unique Bed and Breakfast. Old world charm at affordable rates. Guests will awaken to the fragrance of homemade delicacies and fresh ground coffee. Call Liz; a gracious and knowledgeable hostess. (415) 648-2515.

Motherhood—Is It for Me? Ambivalence can be immobilizing. Support groups and workshops for women exploring the many feelings associated with this choice. Call for current schedule. Facilitators: Denise Carlini, M.F.C.C., and Ann Davidman, M.F.C.C. 752-9165.

One-Eyed Jacks. We buy out or conduct on-premises estate sales. Will also buy single items, i.e., period furniture from 1960s back (some newer) and collectibles, oriental rugs, art, jewelry, lamps, tools, garden statuary and pottery, bric-a-brac, and more. Call or visit us at 1645 Market St. 621-4390 and 585-1901, Jim.

Word Processing: Manuscripts, theses, dissertations, tape transcription, business correspondence, reports, resumes, editing. Joanne, 431-0603.

Dog Walking Service of San Francisco. 731-0120.

Gardening Service: Includes consultations, design, and renovations. Expert planting, pruning, and maintenance. 626-1258.

Tax Preparation for individuals, financial services for travelers and the distracted. Enrolled Agent licensed to represent clients before the IRS. Reasonable rates. \$10 discount with this ad. 415-695-1819. Gretchen Beck, E.A.

Math Tutoring: (415) 285-1831.

Now Hiring Dog Walkers. Call Dog Walking Service of San Francisco, 731-0120.

Flute Lessons. Noe Valley-based flutist with B.A. and M.M. in music and pedagogy, accepting students of all ages and levels. Carla, (415) 648-3651.

Relationship Counseling. Reduce conflicts and improve communication and intimacy with relationship counseling, individuals, couples, and families. Dennis Thatcher, M.S., M.F.C.C. license #MFC25186. (415) 995-2916.

Vacation Retreat for Noe Valleyans. Calistoga/St. Helena area. Three bedrooms, two baths, sleeps six (maximum); large decks with views of stream/forest; fireplace with wood supplied; 30 acres, trails, all-year stream, koi pond; \$250/two-night weekend, \$275/three-night weekend, \$75/night mid-week with two-night minimum; \$500/week; \$1,500/month. Ten percent discount to all repeat guests. 647-3052.

Counseling/Psychotherapy. Individual, couple, family, adolescent, pets. Mission District office. Will negotiate fee. Lower for cash. Confidential. Sally Levy, M.F.C.C. CA #MFC29828. (415) 648-8974.

Spiritual Growth, Humanistic Values: Classes and worship. Trinity Episcopal, Bush and Gough; Robert Cromey, priest and therapist, 1688 Bush St., Sundays, 9:45 a.m. adult class, 11 a.m. liturgy, (415) 775-1117.

Computer Forms. Invoices, "Quicken" checks, 500 free envelopes on first order. Lyle, 431-2700.

How to Place a Class Ad

It's easy. Just type or print the text of your ad, multiply the number of words by 30¢ a word, and enclose a check or money order for the full amount. Note that phone numbers, including area code, count as one word.

Mail the ad and check, made out to the *Noe Valley Voice*, so that we receive it by the 15th of the month before the month you'd like to advertise in. Even if the ad is a renewal from a prior issue, please send us the full text of your ad.

Discount for Repeat Advertisers: The *Noe Valley Voice* publishes a news edition 10 months a year. (We're on vacation in January and August.) If you place the *same* class ad in 10 issues, you are entitled to a 10 percent discount. To figure your cost, deduct 10 percent from the total amount due for 10 issues.

The next *Voice* will be the extra-long-lasting December 1997/January 1998 issue, hitting the streets of Noe Valley on Wednesday, Dec. 3. The deadline for Class Ads is Nov. 15. The address is **Noe Valley Voice Class Ads, 1021 Sanchez St., San Francisco, CA 94114.**

Sorry, but we are unable to accept Class Ad orders by phone or e-mail at this time. However, each month's Class Ads are also displayed on our Web site: **www.noevalleyvoice.com.** (The December ads will be online for two months.)

Class advertisers should keep in mind that only the first few words of the ad (not to exceed one line of type) will be set in bold. Also, receipts and tear sheets will be provided only if your order is accompanied by an SASE. Thank you. □

CEF Contractors. License #706109. Residential remodel and termite repairs. Carpentry, tile, drywall and plaster, plumbing, electrical, paint. Excellent references including Noe Valley locality. Call Curt, (510) 654-4963.

Lynda the Gardener. Complete landscape service. Experienced and skilled professional craftspeople. Redwood fences, decks, and arhors. Brick, stone, concrete: walls, walks, and patios. Irrigation, lawns, planting, expert pruning, and maintenance. Let us install your dream garden. Serving Noe Valley since 1986. Free estimate. Referrals. License #543983. Lynda, 759-1335.

Stressless Housecleaning. Superior quality. Customized cleaning. Errand services. Free estimates. Call Jeanine, 564-2877.

Home for the Holidays! Commissioned watercolorists from \$75, plus tax. Specializing in houses, gardens, and views of San Francisco. Free consultation with no obligation. You'll see samples of my work, and we'll discuss your idea for a painting. Call Susan Stemau at 285-0696.

Words Wanted: The *Noe Valley Voice* welcomes submissions of poems, stories, and essays, particularly those with neighborhood themes. Payment upon publication. Send manuscript (typed, please), plus name, address, and phone, to the *Noe Valley Voice*, 1021 Sanchez St., San Francisco, CA 94114.

A Yogic Look at HIV. This seven-week class is for anyone whose life has been touched by HIV. It focuses on practical tools for handling emotional issues, reducing stress, and improving physical health. Beginners welcome. Please register in advance. Call (415) 821-1117. Bring a towel, loose comfortable clothing, and an empty stomach. Mondays beginning Dec. 1, 6 to 7:30 p.m. \$49. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

Sunny, Secure 24th Street Psychotherapy Office. Available Thursdays, Fridays, Saturdays. Call Christa, (415) 821-7832.

Building Owners! Thinking about remodeling or adding to your building? Get the expert input your project needs from an experienced architect. Call Mike Hager at 285-7409. In Noe Valley since 1981. 25 years of experience. Reasonable. Free initial consultation.

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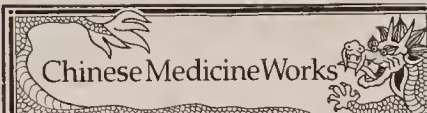
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and now for the
RUMORS
behind the news

'Tis the Season to Avoid Stress

By Mazook

HALLOWEEN MADNESS has passed. Veterans Day is upon us (it's really Armistice Day), and Thanksgiving is just around the corner. There are about 55 days until Christmas. And then it will be New Year's. Yikes! Are we stressed yet?

No problem for Jay Davidson, who resides in Eureka Valley and commutes to work in Noe Valley. Davidson is a first-grade teacher at our own Alvarado Elementary School. He has been teaching for 29 years. He is also a personal organizer and member of the National Association



DPW engineer Albert Ko helped switch on the new acorn-shaped lamps along the Liberty Street steps this fall, as part of an ongoing project to put all utilities underground in Dolores Heights. Photo by Najib Joe Hokim

of Professional Organizers.

Davidson has written and published an 18-page booklet titled, "65 Ideas for Reducing Stress." My favorites are:

1. Allow extra time.
10. Live one day at a time.
18. Schedule daily quiet time.
50. Tell the truth.

The last one is good, too:

65. Think about somebody else.

But during the holiday crunch, perhaps Davidson's best advice is:

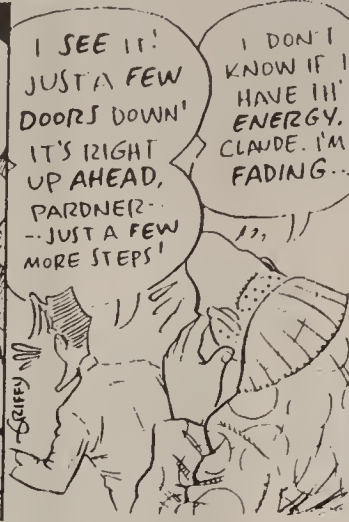
43. Maintain a spiritual connection.

He adds: "Whether you get it from meditation, prayer, beating a drum, or writing poetry, find a way to keep a spiritual connection in your life."

ZIPPY



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Davidson says the key to reducing stress—and this is what he tries to instill in his students—is learning how "to take charge of your life, to make things happen."

As far as his own stress level at Alvarado goes, "The lowering of class size has certainly made things much more manageable for me," says Davidson.

Unfortunately, his stress reduction booklet is not currently available in any local shop. But it is published by Tojabrel Press, and available by mail order at P.O. Box 51996, Palo Alto, CA 94303.

The cost is \$5 including postage and handling. But Davidson says, "Tell your readers that if they write 'Voice Rumors' on the envelope, they can get a special discount and have it for \$4 instead of \$5." (Make checks out to Tojabrel Press, and request the booklet by title.)

All you stressed-out parents might be interested to know that at about the same time this issue of the *Voice* hits the streets, Jay Davidson's latest booklet will be hot off the presses: "99 Ways to Prepare Your Child for Success in School."

NO LATER THAN OCT. 31 was when Rec and Park project manager Marvin Yee told me that two picnic tables would finally arrive at Douglass Park, to be installed next to the children's playground... just in time for winter.

Friends of Noe Valley (FNV) put in their bid for the tables some two years ago, in a modest request to Friends of Rec and Park (FRP).

FRP awarded a \$1,000 grant to FNV at the end of June 1996, with a few strings attached. The final approval for two tables and two trees came in February of 1997.

According to Yee, the day of delivery was set for Sept. 6—to coincide with the Friends of Noe Valley's annual picnic—"but because of some miscommunication, the tables were not available on that day. But they planted two Mayten trees."

To make up for the delay, "the Rec and Park Department is donating the installation expense and will paint the two six-

foot-long Douglas fir tables and benches green," says Yee.

Question: If it takes Rec and Park two years to install two donated tables and two trees, how many years do you think it will take to fix the bathrooms at Noe Courts? Answer: One light year.

☎ ☎ ☎

BACK TO THE FUTURE: The Department of Public Works announced Oct. 2 that it had finished installation of historical lampposts in Dolores Heights, as part of a long-planned effort to put the utilities underground in that neighborhood.

Dolores Heights is the area southwest of Dolores Park bounded by 20th, Church, 21st, and Noe. The new acorn-shaped streetlights, which are 16 feet tall and harken back to the early 1900s, were switched on in late September. They will replace the metal "cobra" fixtures mounted on the telephone poles, and according to DPW's Frank Lee, "will actually cast more light onto the streets since these lamps are below most of the tree foliage."

Lee says DPW should start removing the old light poles and overhead wires by

the end of the year.

When that day comes, the members of the Dolores Heights Improvement Club will undoubtedly shoot off fireworks. They've been waiting more than 20 years to bring down the wires.

"The new light poles are beautiful," beams Amy Powell, president of the club. "DPW did a great job."

☎ ☎ ☎

ASHINING LIGHT GLOWS at On Lok's 30th Street Senior Services. That would be senior center director Valorie Villela. Villela just got back from Baltimore, where she accepted an award from the Social Security Administration for helping out noncitizen seniors affected by the so-called Welfare Reform Act of 1996.

The award she received, the Commissioner's Citation, is the highest award given within the SSA to "individuals or groups that have demonstrated outstanding service in support of Social Security programs and/or their community."

Villela, who has run the senior center

Continued on Page 51

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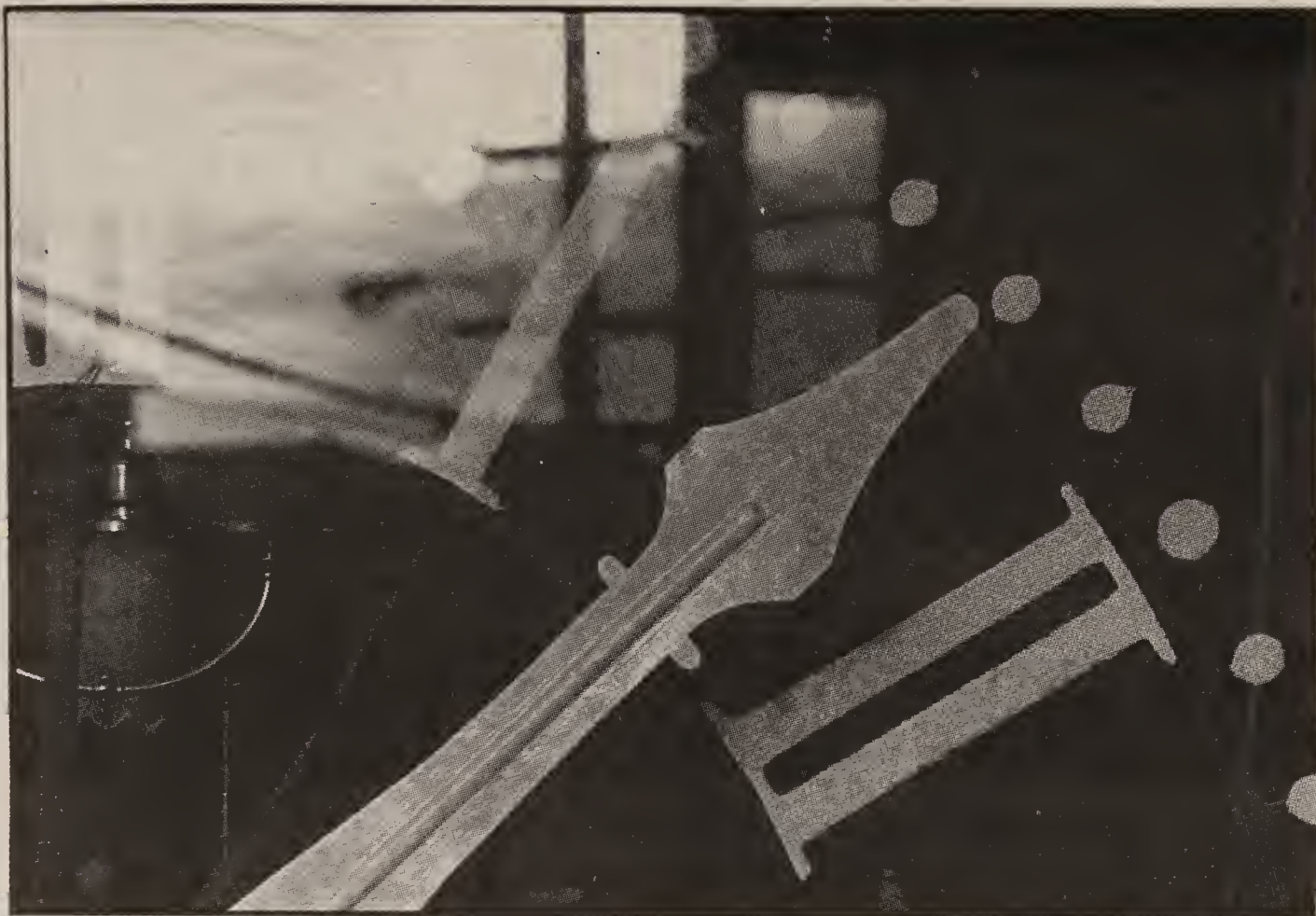
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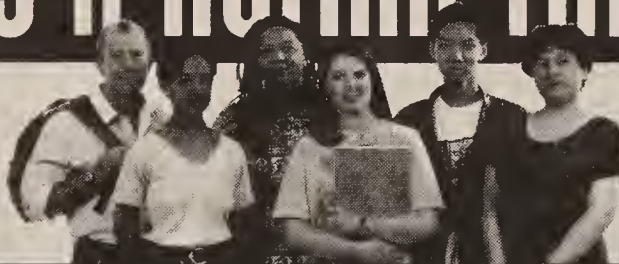
The Days Are Shorter and the shadows are longer as Noe Valley eases into autumn. And the large clock face in the window of Dorian Clair's shop on Sanchez Street marks the passing of the hot days of Indian Summer.

Photo by Najib Joe Hakim

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Do you have a new (pre)reader in the house?
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column. Just drop us a line and we'll spring to action.

The Noe Valley Voice - 1021 Sanchez St. - San Francisco - 94114

Photo by Pamela Gerard

and now for the RUMORS behind the news

Continued from Page 49

and its nutrition program since 1987, was specifically honored for expanding the agency's citizenship services. The center offers two citizenship classes for Spanish-speaking seniors, and participates in the Mission Southeast Naturalization Hub, which guides seniors through the naturalization maze.

If you've never visited 30th Street (225 30th St.), now's a good time. The place will host its annual Carnival of Cultures on Saturday, Nov. 8, 7 p.m. There'll be two Latin bands and western line dancing, which is a great stress-buster.

☎☎☎

DOWNTOWN NOE VALLEY parking stress may soon be alleviated, if the Noe Valley Merchants and Professionals Association can continue to lay on the horn at City Hall. To give the Department of Parking and Traffic a little push in the right direction, the merchants took it upon themselves to conduct a survey last summer. The group wanted to find out exactly how many parking places would be gained if we converted to diagonal parking on side streets off 24th Street and if the Muni switched all the 24th Street bus stops from "bus zones" to "coach stops," like the one at Church and 24th.

Well, the survey has been done. According to the NVMPA newsletter, the use of "prudent diagonal parking would result in 35 additional parking spaces." And by changing the bus zones, "a minimum of 14 spaces would be gained on 24th Street, 9 on Castro, 4 on Diamond, and 3 on Douglas, for a total of 30 additional spaces."

That makes 65 new parking spaces and 65 new parking meters, folks. By my calculations, that would be almost \$200 more for the city per day (averaging only \$3 per meter per day). Now if we could only take that money and repair the Noe Courts bathrooms.

☎☎☎

SPEAKING OF PARKING, there are some never-before-seen parking control signs now posted on Sanchez between 22nd and 23rd streets, on the west side near the intersection with Alvarado. The signs say vehicles "over six feet high" are now prohibited.

According to Ricardo Olea of DPT, the signs were posted to avoid visibility problems at this T intersection. "The Department received a request for a three-way stop sign," Olea explains. (There are no stop signs now.) "After we looked at the intersection, we determined that we had to increase visibility [for cars turning onto Sanchez from Alvarado], which was being obstructed by large vehicles being parked on the west side of Sanchez Street." If that doesn't help, maybe then they'll consider the stop signs.

☎☎☎

CHURCH STREET is becoming the place to have a hair salon. "We have been over in the Haight for the past 17 years," says Vaughn Hood, who, with his wife Beverly, just opened Jaboh (1515 Church near 27th). "And we found many of our clients were from Noe Valley and wanted us to move over the hill."

Vaughn and Beverly work together and say they have been amazed at the warm reception they've had from neighbors and fellow merchants. "This neighborhood is definitely more comfortable, the weather's better, the parking is easier, and the merchants are so nice."

Jaboh is open 9 to 9 Tuesday through

Friday and 9 to 4 on Saturday. "We are a full-service salon," says Beverly, "and we welcome men, women, and children."

Just down the block at 1478 Church St., Teresa Donnelly has opened a full-service hair salon called Danu.

"I'm coming home to where I grew up," says Teresa. "We bought the building and live in the residence above the store, and my three kids will soon be going to St. Paul's School down the street, and I can work and be close to my kids."

Before "coming home," Teresa worked for nine years at a Potrero Hill salon called Hair Now. She features Aveda hair products and will give you "a full scalp treatment with every haircut, and take the time to pamper." The shop is open from 10 to 7 Tuesday through Saturday.

And while we are still on Church Street: On the corner of 27th, you will notice that Lady Sybil's old storefront is still vacant and there's a "For Sale" sign in the window. What's going on?

According to Jon Cellitti, of Coldwell Banker, the store is not for rent separately. The whole building is for sale. You can buy the front store, a one-bedroom unit behind the store, a three-bedroom flat above (with two parlors and long halls), and a one-car garage for \$600,000.

☎☎☎

BEFORE I GO, many congrats, well wishes, and many more happy tax returns to Downtown Noe Valley's only full-service shoe store, Astrid's Rabat Shoes, which celebrated its 20th anniversary last month. Astrid and Hal Doder opened the store on Vicksburg Street on Oct. 17, 1977. But it wasn't long before it moved to its prime spot on 24th near Sanchez.

By the way, the store was an early supporter of the *Noe Valley Voice*, back when we were a mere eight pages.

Manager Veronica Ruedrich says the main reason the store has endured so long is that people can find "comfortable shoes at a reasonable price here, so they don't have to go downtown."

Veronica notes that people are once again buying Frye boots. In fact, they're the most requested item in the store.

"You know it's kinda funny," she says wistfully, "but we have come full circle. When this store first opened, we had a Frye logo on our awning. Then they fell out of fashion from the mid-eighties to the mid-nineties. Now they are back again."

☎☎☎

I'LL BE BACK HERE AGAIN in December. I hope to help you celebrate the holidays by reading a monster December/January issue of the *Voice*. Let's hope it's full of discount coupons to enable us to meet all our Chanukah/Christmas/Kwanzaa shopping needs.

Bye, kids. □

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Poetry

THE LAST PAGE

Poetry

Lunch at Pancho's

By Steve Bosque

Checking out the virgin
in the shrine behind the counter.
Chewing with eyes wide open.

Guadalupe's face graces
Juan Diego's tilma.
Red sauce, green sauce,

Tecate, salt and lime
trickle down.
Blood of the earth

daubs roses
on blue denim.
Our Lady of the Taqueria

watches every move—
every slice of asada dropped,
every pleasure stolen.

Flushed women of the grill
steam the glass—
holiness of their bodies

naturally assumed.
Men's eyes fishtail
around the curves of heaven.

Sadness ambles in,
taps my shoulder.
Faces drive your absence

through my hands and feet:
roundness of women and their eyes,
resemblance of the Virgin

to your snapshot in my wallet,
couples dining like we did
when we still made love.

Randall Street resident Steve Bosque has published poems in the Georgetown Review and Poet magazine, as well as in the Noe Valley Voice. He currently works construction while taking courses at City College to be a registered nurse.

Sustenance

By Bill Carty

Sitting in the kitchen's
buttery light

Caetano on the stereo

Gabriela whispering Spanish
into the telephone

It is a miracle, yet

ordinary as this chair
which also holds me

here
heart rising into bread

Bill Carty is a poet and visual artist who lives in the Mission District. His work has appeared in the Noe Valley Voice twice before — as winning fiction in the 1995 and 1996 summer literary contests.

A Glass of Champagne

By Frank Holt

Within the hissing tulip
Shooting stars cascade
Pearls-a-chain' to an' fro
Enticing lips to carousel
On glistening crystal rim.
Through slowly savoured tingling sip
Passion's pulse intoxicates
The weary waves of mind,
Teasing laughter to unfurl
Through smiling tearful eye,
Seducing words and thoughts
From love's last whispered breath,
Daring dance and cabaret
To grace our moonbeamed stage.
When eye embraces naked eye
And palm grasps trepid palm
The joy of senses tantalized
Alas! unknown to souls less frivolous
Escapes life's weathered confrontation
And slowly converts our maddened world
Into the soothing flight of a grape-filled sigh.

Noe Valley resident Frank Holt hails from Dublin, Ireland. This poem marks the third time he's been published in the Voice. Holt says his friends might be surprised that he's written about champagne rather than Guinness stout. But he assures us that he has a poem about that as well. Perhaps for St. Patrick's Day...

Writers

The Noe Valley Voice invites you to submit poetry, fiction, or creative nonfiction for publication on the Last Page. Please mail your manuscript, which should be typed, double-spaced, and fewer than 1,500 words, to the Noe Valley Voice, 1021 Sanchez St., San Francisco, CA 94114. Don't forget to send a phone number. We look forward to hearing from you.



Story Teller

Photo by Pamela Gerard